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July 2017
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Middle East

SAVOUR SUMMER...

Recipes that are stunning,
light and so delicious

FLAVOUR FIESTA

Help-yourself fajitas,
naughty nachos,
watermelon lemonade
& ice cream sundaes

NO-STRESS PASTRY

Easy-to-make pies,
tarts & quiches

WIN! A TRIP TO BALI,
PLUS MUCH MORE!

NEW INTERVIEWS, RECIPES AND ADVICE

Chef Katsuya Uechi on Japanese • Activities for kids • Trendy appliances •
Restaurant recommendations • Seasonal recipes for sharing • Gourmet getaways



Beetroot-cured cod with
fennel & kohlrabi slaw

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Welcome to July!

Unlike summer in most places around the world, where people are firing up barbecues in the garden and picnics are being enjoyed in parks, here in the Middle East we're retreating indoors to escape soaring high temperatures and uncomfortable humidity. In light of the climate, we're bringing the outdoor vibrancy of summer indoors this month with gorgeous, seasonal recipes that are light and perfect for enjoying during the hottest time of year.



Delight in dishes like trout with lovage, pea puree and crisp spring onions (p44), refreshing and fruity strawberry and basil tart (p54), plus our gorgeous cover recipe of beetroot-cured cod with fennel and kohlrabi slaw (p47).

This issue also brings focus to keeping the little ones entertained during school holidays, with a range of fun activities for in and outside of the kitchen (*Summer fun for the kids*, p30). There's a great piece for teenagers too (*Tweenage fiesta*, p34), which is a go-to guide for putting together the ultimate summer party – simply roll out a platter of help-yourself fajitas, a tray of fancy looking watermelon lemonade and a DIY ice cream sundae bar and you're set (...and also the coolest parent in town).

If you're looking to spruce up on those home cooking skills, we talk to Clinton St. Baking Company's co-founder and executive chef, Neil Kleinberg to learn of secrets behind whipping up the perfect omelette, fluffy pancakes and more (*Home cooking, made easy*, p24). In addition, we chat with master sushi chef Katsuya Uechi, to discover sushi etiquette, his newly opened restaurant, Katsuya by Starck at Jumeirah Al Naseem and all things Japanese inside the kitchen (*The art of Japanese*, p18).

Enjoy cooking this month, everyone!

Sophie
Editor

WHAT WE'RE LOVING!



"These scallops in the shell cooked over embers taste phenomenal, and are great for impressing guests," says sales executive, Liz.



Sales director, Michael says: "This Thai 'crying beef tiger salad' gets its name from the tradition that its sauce should be spicy enough to induce tears!"



"This apricot and pistachio frangipane tart makes for a perfect summer pie, with a fruity twist", Froilan.

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.



BBC Good Food ME, it was a pleasure to learn of chef Yannick Alleno's method of extraction with sauces in your June issue. His restaurant at One&Only The Palm is my favourite French eatery in the region, and I've now planned my next visit after reading your article. Please keep the informative interviews coming. They are rather inspirational!

Penelope Swift



Just in time for my summer trip to France, your 'cheese tour' feature in the June issue has helped me to prepare my month-long trip around the country. I'd be curious to know from other readers where they source the best, most high-quality cheese from here in Dubai? I've found a couple of spots, but still on the lookout for that special cheese place...

Henry Wilkinson



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER

I've been a reader of your magazine for the past five years, and I'd just like to say a big thank you for delivering a selection of new, infallible recipes to my doorstep every month. Each week I sit with the magazine to help me planning my shopping list and family meals for the week to come. My son told me that he loved how we always have new dishes to try and has asked if you might have any child-friendly recipes in store over the summer for him to try while he's on school holiday? Thank you, BBC Good Food Middle East – you're a firm favourite in the Gervis household.

Gillian Gervis



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

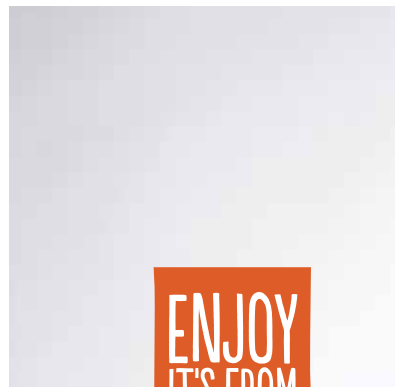


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NEWS

nibbles

What's hot and happening in the culinary world, here and around the globe.

THOMAS KELLER TO MAKE DUBAI DEBUT

Acclaimed chef Thomas Keller is set to launch the first of three Bouchon Bakeries outside the United States in Dubai, with the first venue scheduled to open doors at JBR later this year, with further bakeries planned for Kuwait and other GCC countries.

As part of a franchise partnership with M.H. Alshaya Co, chef Keller's Bouchon Bakery will offer an array of sweet delights including classic viennoiserie, such as croissants and pain au chocolat, breakfast items like a

selection of egg dishes, French toast as well as an ever-changing selection of tarts, cookies, sandwiches, quiche, soups and salads. Bouchon Bakery exclusively carries the rich and complex Thomas Keller Espresso blend, the product of a 15-year collaboration between chef Keller and Equator Coffees & Teas.

Keller, an award-winning American chef, restaurateur, and cookbook author, opened the first Bouchon Bakery in July 2003 as a place that would foster community and provide one-of-a-kind breads in Yountville, California. Since then, the bakery has quickly blossomed beyond the Napa Valley into an important landmark throughout the United States which offers a genuine style of

classic French boulangeries and a wide selection of artisanal breads and classic desserts inspired by Chef Keller's childhood memories and of his time in France.

Keller is the first and only American chef to have been awarded simultaneous three star Michelin ratings for two different restaurants. He currently holds seven Michelin stars: three at Per Se, three at The French Laundry, and one at Bouchon Bistro. See @BouchonBakeryME on social media for more information.



THE BEST BITES

FAMILY TIME

How diet can help to calm hyper kids



Start with breakfast Lower-GI foods can help to keep blood sugars steady. Great options include Weetabix with milk and sliced banana, porridge cooked with fruit, or boiled eggs with wholegrain toast.

Up their iron A lack of both iron and

zinc can affect kids' behaviour. Improving zinc levels in children with ADHD has been shown to reduce symptoms of hyperactivity. Get them to eat more dark greens, leafy veg, beans, lean red meat and wholegrains.

Feed them fish Oily fish contains beneficial fatty acids, which positively influence brain function. If you can, aim for one portion of white fish, and one portion of oily fish, like salmon, every week.

Cut the additives Some processed foods, like soft drinks, cakes, sweets, ice cream, contain colourings that have been linked to hyperactivity in children with ADHD. A few to look out for are E102, E104, E122, E124, E129 and E211. By Lily Barclay.

See our fish recipes at bbcgoodfoodme.com.



THE PERFECT MATCH

Loved by all (well, nearly all), chocolate is an ingredient bought all around the world and is adored for its flavour versatility and flexibility when it comes to pairing with food. We speak to the experts at Belvas Belgian Chocolates, to find out this summer's must-try flavour combinations!

Citrus fruits The tartness of lemon or a tangy orange taste make a great combination when paired with dark chocolate. Whether it's semisweet or bittersweet, dark chocolate is often considered the most versatile because it is less sweet. This translates into an amazing contrast with citrus foods.

Salty treats Whether it be a pretzel, a bag of crisps or some popcorn, the summer is full of salty flavours. It can be as easy as adding a sprinkle of salt to store-bought chocolate milk to discover how well salt and chocolate go together. Sugar and salt combined in the right proportions can enhance the flavour of the chocolate turning a snack into a perfect treat. Look out for chocolate flavours such as sea salt and salted caramel.

Crunchy superfoods Superfoods such as dates, goji berries and quinoa generally have high amounts of antioxidants, vitamins, and minerals that will help keep you healthy and feeling great from the inside out. Pair them with dark, white or milk chocolate and you have got yourself a bit of healthy indulgence!

Belvas Belgian Chocolates are available at Milk & Honey - Dubai and Al Wahda Mall - Abu Dhabi or for order and UAE delivery on +971-26212111 or purchase@belvas.ae.

TRUCKERS DXB GOES INDOORS



After two great seasons of Truckers DXB food truck events, the team behind it all has teamed up with Dubai World Trade Centre to take the much-loved foodie event indoors this summer as 'Truckers Summer Warehouse'. Taking place every Wednesday, Thursday, Friday and Saturday, starting July 6 until September 2 from 4 – 11pm at Hall No. 8, DWTC, expect to see Truckers DXB's signature funky industrial setup with 15 homegrown food trucks serving fusion cuisines and

authentic food from all over the world. In addition to food on wheels, guests can enjoy live performances and participate in interactive entertainment for the whole family - from arts and craft market, carnival games, mechanical bull ride, jugglers, hula-hoop, face painting, to kids' cooking station and more.

Truckers DXB is open to families of all ages with entry fee of Dhs10 per person and kids below 12 years old can enter for free. For more information, please visit truckers.ae.

STAY COOL THIS SUMMER

Cooling gourmet treats



ICED COFFEE

Stay cool this summer with Nespresso's two limited edition coffees that have been specially crafted for iced coffee preparation. From the intense and roasted through to the aromatic and fruity notes, Intenso on Ice and Leggero on Ice provide perfect refreshment. To celebrate the launch, Nespresso is also offering a 'Limited Edition Touch Travel Mug' (pictured above) which is available in a matte white finish with a contemporary blue geometric pattern which matches the coffee capsule design. The Touch Travel Mug, priced at Dhs120, keeps drinks cold (or hot) on the go. Available from Nespresso boutiques or buynespresso.com.

CAMEL MILK ICE CREAM

Digging into a scoop of ice cream to cool down? Why not give desert time a local twist with a bowl of

NOUQ creamy camel milk ice cream. With a dozen flavours to choose from offering international and local tastes, the camel milk ice cream is sourced and made locally in the UAE and goes through two types of pasteurisation, which standardises the taste and lets the minerals fully express themselves and complement the flavours harmoniously. Did you know Camels graze on bushes, leaves and grass naturally, and yield about 4 liters of hormone-free milk daily? The milk has antioxidant, antibiotic and anti-inflammatory properties, and is suitable for lactose-intolerant people.

NOUQ camel ice cream is available Ripe Organic Farm Shop, 8A Street, Al Manara St., Near Al Manar Mosque, and various hotels across Dubai. For more information, see [@nouqdubai](https://twitter.com/nouqdubai) on social media.



VICTORY FOR THREE UAE CHEFS



Three UAE-based chefs are one step closer to the title 'S.Pellegrino Young Chef 2018' after making it through to the top 10 MEA semifinalists, of thousands of applications submitted by young chefs from over 90 different countries.

Chef Aditya Kumar Jha from Tamba Abu Dhabi, chef Mario Christianto from The Exchange Grill Restaurant in Dubai and chef Nigel Lobo at The Eloquent Elephant in Dubai are set to compete at a local challenge that will take place in Dubai this year.

Commenting, Luca Antonelli, Area Manager – Middle East, S.Pellegrino said: "We are very pleased to see an increase in the number of applications for S. Pellegrino Young Chef Award from the UAE this year. This edition is very special for us as we eagerly look forward to hosting the MEA region semifinals for the first time in Dubai. The increasing interest further demonstrates the importance of the awards programme in helping young, talented chefs with immense potential and inspiration to make their mark in the industry."

For more information, visit sanpellegrino.com or finedininglovers.com.

HEALTH NEWS

The truth behind artificial sweeteners

Artificial sweeteners may help cut calories but the sweet taste still encourages sugar cravings and dependence. Sweeteners have also been linked to higher rates of infertility in women, as well as weight gain.

In addition, experts believe that sweeteners aren't very satisfying because our bodies are wired to see calories over taste, so no matter how much we consume, we still crave energy.

The answer? Gradually reduce your intake of sweeteners and sugar, allowing time for your palate to adjust. If you absolutely must have a sweet taste, opt for a naturally sweet food like a banana, or a sweet potato. By Sarah Lienard.



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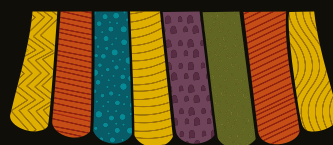
BEST INDIAN RESTAURANT

BEST DINING EXPERIENCE

BEST BRUNCH



TRÈSIND



CARNIVAL

by Trèsind



INTRODUCING Savoury granola

If you're looking to add crunch to your salad, a topping to your soups and risottos, or to take your dips to the next level, savoury granola is your new best friend. It's easy to throw together using store cupboard ingredients, and you can tailor it to your tastes. It's incredibly adaptable and also works well as a low-sugar snack. Why is it on trend? An overt salt and sweet flavour used to stand firmly at odds in most recipes, but in recent years, making a virtue of both is common enough to be a popular popcorn flavour. Chefs have always played with putting savoury ingredients and spices in desserts and vice versa. Swapping recipes associated with one meal into another (think cereal milk ice cream and salted caramel bacon), the next level up. Liberate granola from the breakfast table and make a savoury version for dishes that need added crunch. By Elaine Stocks.

FOOD FOR LESS

Jumeirah Restaurant Group's 'Summer at 150' campaign with RoundMenu will see restaurants across Dubai serving up three-course menus for just Dhs150 for person. Kick-starting on July 1 till August 31, restaurants participating in the promotion include the likes of Trattoria Toscana, 360°, The Agency, Segreto, Al Nafoorah, Perry & Blackwelders and ET Sushi. To avail the offer, simply book and pay through RoundMenu's website or app. Delights on the menus include dishes such as frittura di paranza (crispy calamari, prawns and whitebait), carpaccio di manzo (beef carpaccio), shrimp and asparagus risotto, corn-fed baby chicken, grilled lamb cutlets, traditional chocolate fudge cake, and much more. Menus at all participating 'Summer at 150' outlets are available to preview on Roundtable's online platforms. See roundmenu.com.



Crazy for coffee

We speak to Arjem Prado, regional winner of the annual 'Costa Coffee Barista of the Year' competition, to learn how to brew an excellent cup of coffee.

What's the secret behind a perfect cup of coffee?

Passion for coffee and dedication to handcrafting every cup! As all core coffee drinks start with the perfect espresso I think this is the most critical part of the coffee making.

What are your top tips for making coffee the right way at home?

Start by roasting the beans slowly (at Costa we only ever slow roast to enhance the flavour) and then ensure you have a good quality grinder in order to create the perfect grind mix. I'd recommend checking this regularly, to make sure the coffee is not too weak or too strong. I've learnt lots of little tricks along my coffee journey, like heating the glass and how to perfectly steam the milk but after all the training, my best advice is to get in a lot of practice, and in the end, you'll get perfect drinks every time!

Tell us about Costa's new OPS 19 blend...

Old Paradise Street No. 19 is the first of a series of limited edition roasts that we will be launching in Costa alongside our signature blend Mocha



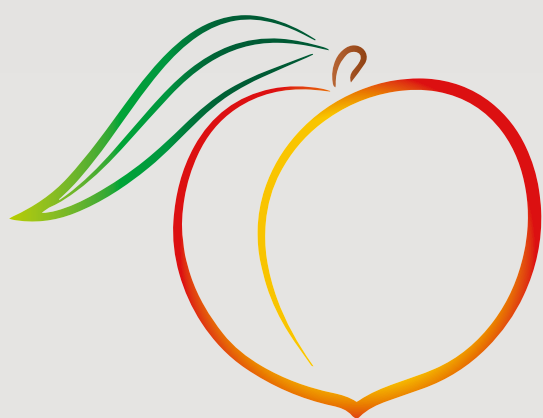
Italia. No.19, is a single origin from Papua New Guinea and is known for its distinctive, clean fruity taste combined with delicate caramel notes.

Are there any other blends to be on the lookout for?

Watch out for the next in our series - OPS No. 24 launching soon. This is made with 100% single origin Columbian beans which give a floral and honey-like aroma, with a balanced bitter-sweet caramel taste in an espresso and more caramel notes when mixed with milk - for instance in our delicious Flat White.



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Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

👉 Miss Wang's, Majestic Hotel

Recently opened in Bur Dubai, Miss Wang's is a funky new, Asian neighbourhood eatery. The casual restaurant offers a hip and industrial atmosphere, Asian-inspired bites, handcrafted cocktails, karaoke, live music and various offers each week, including the 'After Work' deal, which allows diners to enjoy 50% off selected beverages and select any three dishes for Dhs99. Call 052-777-5191.

👉 Turquoise, Rixos Premium Dubai, Jumeirah Beach Residence

Serving authentic Turkish and international cuisine, Turquoise is the first dining outlet in the newly launched Rixos Premium Dubai, to open its doors. This outlet is a buffet-led concept and suitable for families. Call 055-1006552.

👉 Azkadenya, Abu Dhabi Marina Mall

Representing the outlet's third outpost in the UAE and the first in Abu Dhabi, Azkadenya has opened doors at Abu Dhabi's Marina Mall to serve Middle Eastern dishes with a modern twist. Open from 10am to 12am daily, breakfast items include manaeesh and 'signature eggs' such as chakchouka, alongside fresh fruit juices and smoothies. While lunch options like shawarma enchilada with beef or chicken, and homemade fried kibbeh are on the menu. It also includes a selection of fakkharat (traditional Arabic cooking pots), sandwiches such as chicken tawook and shawarma beef. Call 02-6212788.

Miss Wang's, Majestic Hotel

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

Yalumba, Le Meridien Dubai Hotel & Conference Centre

Yalumba is opening its doors for dinner on Friday evenings from 7 – 10.30pm, for the first time in a decade, to launch its newest evening 'Shellfish Lobsessions'. Introducing the 'seafood marination station' as a signature feature, the culinary team are set to serve up treats from the ocean, including sustainable grilled calamari, Cigali lobster and spider crab. Guests can indulge further in dishes from the hot buffet or select from the grill which will dish up delicious shellfish risotto, seafood paella and grilled platters and much more – all perfect for sharing. Seafood lovers can also upgrade their package to include free-flowing sparkling wine, priced at Dhs295 per person, as opposed to Dhs220 for food only. Call 04-7022455.



Lucky Voice Dubai, Grand Millennium

Lucky Voice Dubai has launched another brunch! In addition to its recently launched Friday brunch, the new 'Jukebox Brunch' will kick-start on Wednesday 12 July. Designed for karaoke lovers, every Wednesday night from 8pm – 11pm there will be unlimited food and drinks are on offer. Fuss free sharing plates include Italian dough pizzas, tacos, sliders and nachos (there's also pork for non-Muslims). Plus, chocolate brownie and candy floss desserts. The interactive entertainment includes a party DJ and group sing-a-longs with karaoke songs chosen by you. The soft drinks package is priced at Dhs150, house beverages at Dhs250 and sparkling package at Dhs295. Call 800-58259 (LUCKY).



Le Classique, Emirates Golf Club



After 29 years of serving fine French cuisine at Emirates Golf Club, Le Classique will be closing doors at the end of July. But to celebrate the rich history of the Dubai institution, Le Classique will be serving a five-course 'Au Revoir' set menu until the end of the month for at Dhs275 per person or Dhs405 per person including selected grape and house beverages. Dedicated to chef François Porte, who opened Le Classique in the late 80s and served until his retirement in 2012, four dishes on the menu are 'François style' – re-creations of classic dishes he created during his long career. Call 04-4179999.

Spice Emporium, The Westin Mina Seyahi Beach Resort and Marina

Feast on flavours every Wednesday with the newly launched Thai Journey evening brunch at Spice Emporium. Transport yourself to Thailand and enjoy traditional favourites, from wok-tossed creations to noodles and curries served straight to your table. Every Wednesday from 7pm- 10.30pm, priced at Dhs179 with mocktails and Dhs279 with house beverages. Call 04-5117373.

PLAY Restaurant & Lounge, H Hotel

The 'Summer PLAY Date' is PLAY's latest seasonal offer for July and August, offering guests a bespoke set menu, inclusive of two courses (an appetiser and a main course) and a glass of house grape for Dhs300 for two people. Call 04-3364444.



Folly by Nick & Scott, Souk Madinat

On recommendations by the two chefs, Nick and Scott, the five-course tasting menu is a great dining experience option for groups of over two. Starting with their fried bread, sage, onion and spelt, the menu also includes monk fish cheeks, crispy hen's egg and lamb saddle, finishing with a chocolate and hazelnut dessert. Available every day, priced at Dhs295 for food, or Dhs495 with pairing. Call 04-4308535.



Waldorf Astoria Ras Al Khaimah

For July's entirety, explore culinary delights available at Waldorf Astoria Ras Al Khaimah during 'Restaurant Month' – a month-long concept that will allow guests to enjoy a wide range of F&B options for Dhs250 per person for a three-course menu and glass of grape or beverage. Restaurants available include the property's trendy Japanese restaurant, UMI, which houses a Teppanyaki grill and bar/lounge area, plus Lexington Grill, which is inspired by extravagant US steak houses. There's also Marjan, offering an eclectic fusion of tradition and quirky modern interiors and the finest Middle Eastern Cuisine - with menus created by the famed Joe Barza, in addition to Qasr Al Bahar, a restaurant dedicated to indoor and outdoor breakfast, lunch and dinner. Call 07-2035555.



Bistrot Bagatelle, Fairmont Dubai

Slip into your French couture and prepare to indulge in cuisine straight out of France, as Bistrot Bagatelle returns after a month-long hiatus. Staying true to its style, Chef Timothy Newton is back with dishes like tartare de boeuf, salad landaise, tarte fine au saumon fumé, coq au vin, gnocchi à la parisienne, and loup de mer. Top off the savory dishes with sinful sweets with choices like the Bagatelle mousse aux chocolats, moelleux à l'ananas, and fine selections of sorbets. Call 04-3545035.

Rare, Desert Palm

After taking a break over Ramadan, Rare has reopened to serve indulgent cuts of chargrilled meats and fresh seafood cooked on an oak wood fire grill. Overlooking the polo fields, Rare has a range of promotions running during the week, including 'Thursday Tipples & Cheese', which takes place every Thursday from 7.30pm to 11pm in the evening, complete with a vast selection of home cooked artisan breads, home cured meats and fish, fresh salads, handmade desserts (and of course a great selection of Cheese) all washed down with unlimited Scavi and Ray grape and sparkling grape. Call 04-3238888.

Carluccio's

Don't fancy going out? Then Carluccio's home delivery 2 for 1 pizzas will bring the Italian flavour to you, every Monday. Amore Mondays see pizza creations on offer like chicken and avocado, pulled lamb with feta and gorgonzola with butternut squash, pine nuts and honey plus favourites of Italian salami and stromboli. Available from July 3, onwards. The 'Amore Mondays' offer is valid when ordering via the call center on 800-PENNE every Monday.

Pierchic, Al Qasr

For the next three months, it's 'Shellebration' at Pierchic, which will see diners taken on a seafood excursion around six European regions to explore cultural culinary elements of each destination, encompassing seafood favourites and celebrating traditional produce of the lands. Chef Paolo Bellamio has created six concepts, hailing from the shores of Italy, Spain, Portugal, England, France and Belgium. Each dish will be on offer for an exclusive two-week period, between July 7 to September 28, 2017. Here's what's on offer, and when: week 1 and 2 it's Spain with paella de arroz con bovagante; week 3 and 4 it's Italy with catalana di crostacei; week 5 and 6 head to Portugal with



cataplana de peixe y marisco; week 7 and 8 is England with 'posh fish and chic'; week 9 and 10 enjoy France with le crabe and crevettes tour; and round the journey up in Belgium on week 11 and 12 with moules mariniere. Call 04-4323232.



Atisuto, various locations

Love ramen? Well, Atisuto is daring its diners to join in the Jumbo Ramen Eating Challenge across its eateries in Dubai all this month. The jumbo ramen portion consists of miso ramen topped with Chashu beef (marinated in chili, garlic and soya), wonton, grilled chicken, beansprouts, spring onions and a soft-boiled egg. Those who complete the challenge in under 30 minutes will be treated to a Dhs300 voucher. Locations include the foodie lane behind Al Ghurair Centre in Deira; on Bay Square in Business Bay; in the Galleria Mall on Al Wasl Road, Jumeirah; and, mid-July, in the Persia Court of Ibn Battuta Mall on Sheikh Zayed Road. Atisuto, which means 'Artistry' in Japanese, is based on the back-alley sushi restaurants found in Japan's big cities. Call 800-ATISUTO (284 7886).



THINK YOU'VE SEEN ALL OF DUBAI YET?



Voted as the Best Experimental Restaurant in the Middle East two years in a row, 2015 and 2016 by the BBC Good Food ME Awards, Noire brings you the thrill of dining in the dark. Enjoy a surprise three course gourmet menu with paired beverages as you discover new flavours and textures like never before.

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Tried & tasted

Each month, we review two of the city's top tables.



Waka, The Oberoi Dubai



Reviewed by **Sophie McCarrick**
Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

MISS LILY'S DUBAI, SHERATON GRAND HOTEL

Dining experience: Dinner

What's it like? Serving up flavours of the Caribbean, New York-born Jamaican eatery Miss Lily's Dubai is a funky spot tucked away on the fifth floor of Sheraton Grand. Inside, the scene is colourful and exudes bold character that's urban, super cool and laid-back. Music takes center stage here with Jamaican artists' vinyl record covers plastered over the walls, as music to match plays infectious in the background – even the tabletops are giant records. We visited Miss Lily's Dubai on a busy Wednesday evening and the atmosphere was alive and buoyant with reggae charm (expect dancing before dessert). Offering dinner service, a vibrant nightlife scene and as of July 14, a new Friday daytime brunch (from 12-5pm every Friday, priced at Dhs250 and Dhs390), the outlet is made up of a dining room area, as well as a separate bar and lounge. Seated in a booth, it's easy to feel at ease in the dimly lit, intimate interiors – it's homely, and the type of place that could easily become your next local.

What are the food highlights?

Prepare for a flavoursome feast – the food here offers punchy flavours, superb use of spice, and a variety of textures. Broken down into several sections, the menu starts with 'to share' small plates including the likes of jerk corn, hot pepper shrimp, salt cod fritters and



ackee hummous – a Jamaican twist on a local favourite. The jerk corn is a must-try. At eye-glance, it doesn't look too exciting, but one mouthful and I'm addicted. The flavours are outstanding and incredibly moorish with creamy toasted coconut and jerk mayo mixed in. From the appetisers, we share a serving of Red Stripe battered cod fish tacos, served with a spicy escovitch, followed by my favourite dish of the evening – Miss Lily's 'world famous grilled jerk chicken'. Trust me, it's called that for a reason. Juicy, succulent and dripping with jerk flavour, this dish was a tasteful explosion, paired with mango chutney and cucumber escovitch. From the 'family style to share' selection we dug into a portion of the melt-in-the-mouth garlic roasted lamb shoulder, which fell off the bone without effort, and was playfully served DIY style, with a selection of condiments and crisp lettuce cups for holding everything together. Plus, the slow-roasted pimento short rib with charred scallion, pick-a-peppa gravy and mushroom salad, which was succulent, hearty and wholesome – finger lickin' good, comfort food at its best! Don't miss a dish of



traditional rice and peas on the side. As you can imagine, there wasn't room for dessert at this point, however, if you're one with a sweet tooth, options include delights like Nutella-filled donut holes, and banana mousse with baked meringue and lotus puree.

How was the service? Authentic, energetic and helpful, the team here are professionally personable. Dressed in casual, funky outfits like most of the outlet's visitors, staff here blend in with the customers, adding to the relaxed vibe. Our server, David, felt like a friend by the time we left.

The bottom line: Fantastic, casual food that isn't over the top. Miss Lily's is a hidden gem in Dubai, offering a generous serving on genuine, unpretentious fun. I'd highly recommend making a reservation as it books up in advance, and saving this place as a grown-ups night out spot. With jerk chicken and punch cravings, we'll be heading back soon for round two (and to try the curry goat stew).

Want to go? Priced at around Dhs250 per person for three-courses, without beverages. Call 04-3562900 or e-mail reservations@misslilydxb.com.



Where?

WAKA, THE OBEROI DUBAI

Dining experience: Dinner

What's it like? Exposed brickwork, curved ceilings, earthy wood tones and vibrant blues welcome with open arms as you enter Waka. Before even seeing the menu, a warm, authentic Latin American scene is set across a casual bar and lounge area, plus dining room – all located on The Oberoi's lobby level. From gorgeous Acapulco-style thread chairs, to bold and colourful artwork hung on the walls, attention to detail has been carefully curated here, and ensures originality. The outlet is open for dinner service, Friday brunch (they even do a late brunch!), and have special themed nights, including ladies' night and the newly introduced 'Waka Maki Mondays', which allows you to enjoy six maki rolls and a glass of grape for Dhs150.

What are the food highlights? Headed up by chef Roberto Segura, the menu here is

enticing – with each dish temptingly drawing you in through interesting flavour combinations and unique ingredients. Offering a fusion of Latin American flavours married with Japanese seasoning and French techniques, the selection is creative and explores items including ceviches, maki rolls, tiraditos, salads, tacos, anticuchos from the Josper, tapas, signature mains and chifas – a fusion of classic Peruvian ingredients and traditional Cantonese elements. It's a must to begin with a dish of 'wakamole', Waka's take on guac, in which they smoke the avocado and serve with crispy nachos. The 'del mercado' sea bass ceviche with aji ararillo comes mixed with sweet potato chunks and crispy calamari on top – a beautifully balanced dish of delicate zingy and savoury flavours. A must-try plate of 'conchas y coral' looks almost too pretty to eat (Instagrammers at the ready), and luckily tastes as good as it looks as tender, thinly sliced Japanese scallop medallions pair wonderfully with smoothed rocoto puree and leche de tigre. From the 'chifa' section, the spicy Cantonese marinated spare ribs are a tender dream, and ooze mouth-popping flavour. While the Korean

BBQ lamb chops with yuzu kosho dip and spicy pickles are juicy and a delight to eat – especially when paired with a side of 'arroz con coco' (sticky rice with coconut). Entertaining us with his creative nature, chef Roberto joined us tableside to serve an interactive and intriguing dish of raw tiger prawns cooked on hot stones on the table with yuzu and butter – a true treat for the senses as the smell sizzles around. For dessert, the 'chocolate bomb' is the perfect surprise for those celebrating a birthday. A scrumptious mixture of lime and raspberry sorbet with meringue and chocolate brownie squares comes disguised in a 62% Peruvian chocolate sphere, and is revealed after you smash into it with hot chocolate sauce drizzled on top.

How was the service? The Waka team is hospitable, genuine and truly passionate about the food that's served, and it shows.

The bottom line: Waka exudes character, and serves up wholesome, high-quality food in a relaxed, chilled-out environment. The perfect spot to head after work, or on weekends with friends and family.

Want to go? Priced at around Dhs250 per person for three-courses, without beverages. Call 04-4441455, or e-mail

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A full-page photograph of a chef, Katsuya Uechi, standing in a kitchen. He is wearing a white chef's coat and a white apron. He is holding a wooden chair with both hands. In the foreground, there are two more wooden chairs. The background shows a kitchen counter with a sink and a faucet. The lighting is warm and orange.

The art of *Japanese*

Talking all things sushi, we catch up with executive chef of Katsuya Worldwide, Katsuya Uechi to learn sushi etiquette, Japanese cooking know-how and to take a look at his newly opened restaurant, Katsuya by Starck at Jumeirah Al Naseem. **By Sophie McCarrick**



Characterised as a major style setter internationally in the world of Japanese cuisine, master sushi chef Katsuya Uechi, made a name for himself after moving from his native Japan to the US in 1984. It was in California that chef Katsuya introduced traditional Japanese gastronomy to western palate preferences – contributing substantially to the world-wide sushi craze we all know and love today.

Famous for his distinctive style and first-rate execution of high quality sushi, his passion in the kitchen saw expansion into other states and regions, including Kuwait in the Middle East, and now in Dubai with the launch of Katsuya by Starck at Jumeirah Al Naseem.

Nestled idyllically in a prime position along the Madinat Jumeirah beachfront, Katsuya by Starck is made up of various rooms – with each space offering individual charm and character. This comes as no surprise, as the restaurant was designed by design impresario Philippe Starck,

who cleverly worked his creative magic throughout the outlet – which, we're told is shaped to look like a bento box from the bird's eye view.

Inside, expect to enjoy a lively, all-rounded dining experience from the start. En route to be seated, the entire team greets energetically with "irasshaimase!" (a polite, warming way to greet customers in Japanese). The vibe is alive and quite modern – this is definitely a new, hip place in town, offering a sultry, sleek feel inside with oversized backlit photographs of a Japanese Geisha on the walls, cosy booths and casual, leather sofas for relaxing on.

The menu from start to finish is full of tempting options, and while browsing, we're promptly served a generous bowl of the most delicious, warm edamame that's slightly

seasoned (I spot 'edamame hummous' on the menu too – a local spin chef Katsuya has given to the dish).

To start, we share a selection of dishes including a Katsuya signature of seared tuna sashimi with fresh tomatoes, cilantro and avocado, and a must-try speciality roll called 'the Hollywood' consisting of shrimp tempura, spicy kanikama, avocado – perfectly balanced flavours, with a light crunch. For mains, the miso-marinated black cod is beautifully tender and flaky, it melts in the mouth and the subtle, sweet miso is utterly delicious.

The show-stopping dish of the night was the 'stripped baze', a whole bass stripped and deep-fried (don't worry, it's not super greasy!), served as Szechuan-style filets that come still attached to the fish. To finish the experience, the selection of mochi



“At a sushi bar, it’s proper manners to eat sushi immediately when the chef serves it, rather than having a chat and letting the sushi wait on the platter”

doesn’t disappoint, and nor does the insanely moorish chocolate lava cup, which comes served warm, with a cooling creamy sauce.

Whether you’re looking to share sushi and sashimi platters, or delight in a creative main dish with distinguished and mastered flavours, Katsuya by Starck offers versatility. There’s also a fully-licenced sake bar to retreat to post-dinner.

Fully immersed in the high-spirited, distinctive world of Katsuya, we turn to the man behind the magic to find out more....

Tell us about yourself, and how your journey in the kitchen began...

I grew up in Naha, the capital city of

Okinawa, where I lived with my parents who were very active in the restaurant business – so it wasn’t new to me. After graduating from Osaka Tsuji Culinary School, I went on to do a couple of apprenticeships in Osaka and Tokyo, and got my first job at a first-class Okinawa restaurant.

I then moved to the U.S with my wife in the year 1984, and after working as an executive chef at a few local L.A restaurants, I decided to become independent. I started my first restaurant in Ventura Boulevard in LA, an area that is often referred to as ‘Sushi Ginza’ meaning ‘Sushi Corner.’ This is where I began experimenting with my own sushi creations, and the restaurant’s reputation spread throughout the city by

word of mouth, attracting a variety of clientele, including celebrities.

How would you describe the dining experience at Katsuya?

Japanese cuisine, American palette, international appeal. The hospitality and quality is the same as the US, but it’s the positive energy of the employees that create a well-rounded dining experience.

How does Katsuya’s offering differ from other Japanese outlets in the city?

The offering is created to fit in with what the locals like, while keeping an authentic taste of Japan. I’ve added my own personal touch and created some special dishes that aren’t traditionally Japanese, but are now Katsuya’s signatures. We’ve also got some dishes specifically created for the region, like the edamame hummous, which is our take on the local favourite.

What are your thoughts on the Middle East’s F&B scene? Any favourite spots (other than Katsuya, of course)?



Because I've only had a short trip, I've spent time primarily in the kitchen and I wasn't able to experience the F&B scene this time, however I look forward to the next opportunity!

Any other expansion plans to come in the region?

Of course, lots in the pipeline. But we'll only be able to confirm once we see how the Madinat Jumeirah branch does.

What are some of your signature, 'must try' dishes that you'd recommend ordering at Katsuya?

The crispy rice with spicy tuna is definitely a must try, and the baked crab hand roll is quite unique and one that you don't often find at a traditional Japanese restaurant – we've tried to play with flavours while keeping the essence of Japanese cuisine alive.

For our readers that cook at home trying to make sushi, what ingredient essentials are needed from the supermarket?

If available, go to an Asian supermarket and get medium grain

rice, sushi vinegar, wasabi, soy sauce, sashimi grade fish and some vegetables – that's enough for a perfect sushi meal!

What are your top tips for rolling the perfect sushi roll?

It is difficult to perfect the regular sushi roll the first time – I think a hand roll is better. Put sushi rice on a half sheet of seaweed and then put sashimi grade fish or vegetable and wrap it. It all sounds rather simple when you say it but you can only perfect the technique with practice. It takes some people only a couple of years, while it takes some a lifetime.

Let's talk about sushi etiquette! What's the correct way to eat sushi and sashimi?

It is OK to use chopsticks or even your hands (as some people do in Japan), but dipping the fish side in the soy sauce is the right way to eat sushi, not dipping the rice portion. Also, if you sit at a sushi bar, it's proper manners to eat sushi immediately when the chef serves it, rather than having a chat and letting the sushi wait on the platter.

For those who haven't yet visited Japan, where would you recommend going for the best culinary experience?

There are many options in the culinary world in Japan and one can enjoy any place you go, even if you don't go to an expensive restaurant. For example, if you go to Tsukiji, go to Asakusa, if you like sukiyaki (a Japanese dish that is prepared and served in the nabemono, a Japanese hot pot) or unagi (freshwater eels).

When can we expect to see you in Dubai again?

Whenever I am needed!

Katsuya by Starck

Location: Jumeirah Al Naseem Hotel, Madinat Jumeirah

Timings: 7 days a week | 12 PM to 1 AM
Call: 04-4190676

E-mail: Katsuyareservations-uae@diversedining.co.uk

Visit: katsuyarestaurant.com

Make your own sushi at home

recipe SOPHIE GODWIN photograph MIKE ENGLISH

Smoked mackerel maki rolls

SERVES 4 **PREP 20 mins**

COOK 25 mins **A LITTLE EFFORT** 🍳

150g sushi rice

2 tsp rice wine vinegar

4 nori sheets

1 red chilli, deseeded and cut into matchsticks

1/2 carrot, peeled and cut into matchsticks

1/4 cucumber, cut into matchsticks

100g smoked mackerel, skin removed, torn into small pieces

soy sauce, for dipping

1 Put the rice in a small bowl, cover with cold water and massage the grains with your hands to remove the starch. Drain and repeat the process until the water runs clear.

2 Put the rice in a small saucepan with a tight-fitting lid. Cover with 2.5cm of cold water, put the lid on and simmer over a medium heat for 10 mins. Take off the heat and leave with the lid on for a further 15 mins. Stir through the vinegar, then leave to cool completely.

3 Fill a small bowl with cold water and lay out a sushi mat (about £1 from any large supermarket). Place a nori sheet, shiny-side down, on top of the sushi mat. Spread a quarter of the rice onto the nori, leaving a 1cm border at the top.

4 Put a quarter of the chilli and carrot in a line at the bottom of the rice. Place a quarter of the cucumber and mackerel in a strip along the centre.

5 Dampen the top border with a little water to help seal the roll. Fold the bottom edge of the seaweed over the first line of the filling, then use the sushi mat to roll up the maki. Repeat to make four rolls. Using a serrated knife, cut each roll into eight rounds. Serve with soy sauce for dipping.

BENEFITS low cal

PER SERVING 218 kcals • fat 6g • saturates 1g • carbs 30g • sugars 2g • fibre 3g • protein 9g • salt 0.6g



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BRUNCH 068

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When the world is not enough, unleash your inner Bond and experience the high life at the brunch. With a license to grill, this à la carte brunch will satisfy even the most discerning palate. Live another day while sipping on signature beverages and taking in Dubai's daring views from the world's tallest hotel.

Enter the Vault for the GoldenEye after-party, where beverages are shaken, not stirred.

Every Friday, 1pm to 4pm, starting from AED 495 'For Your Eyes Only'

Home cooking, made easy

The secret to whipping up a perfect omelette? Time, temperature, technique and really fresh eggs, says co-founder and executive chef of Clinton St. Baking Company, Neil Kleinberg. We speak to the man behind much-loved American neighbourhood eatery serving up hearty, wholesome food with soul for top tips and tricks behind creating fluffy, light pancakes, scrambling eggs the right way, and learn of this year's must-try toppings. **By Sophie McCarrick**

When did you know that you wanted to become a chef?

I was nine years old. I got my start in a crazy home kitchen in Flatbush, Brooklyn, amongst three siblings, 16 neighbourhood cousins, and six aunts and uncles! I'd do anything to avoid my mother's 'famous' dish, chicken in a pot (the only dish in her repertoire).

Where did the culinary concept behind Clinton St. Baking Company come from?

Classic traditional recipes, American with a twist! There was a demand for a location in NYC to have great food that is not pretentious or too café diner style. Clinton St. is great place for a classic brunch that has a focus on quality of the food.

What are the differences between Clinton St. here in the Middle East, and the NYC original?

Clinton St. Dubai is a little slicker and more spacious. Being non-licensed creates a different atmosphere and more focused on families and relaxed weekend brunches with friends (not the Dubai translation of brunch). Climate wise – it creates a different clientele, business and atmosphere.

We hear you're the go-to man when it comes to whipping up an omelette! So, what's the secret to perfecting an omelette?

Time, temperature, technique and really fresh eggs!

The secret to making the perfect omelette is knowing when to flip and tuck it! When creating an omelette at home, the first mistake many cooks make is to let the eggs sit too long in the pan. The second mistake is flipping the omelette over and cooking both sides. When creating a classic three-fold French style omelette a la Clinton's, cook the eggs only on one side. The key is to leave the top slightly creamy and undercooked, so that when your extra ingredients are added, and the omelette is flipped and tucked, the inside stays soft, fluffy and melted.

Speaking of eggs, what are your top tips for scrambling them the right way?

The pan can't be too hot, melt good quality butter until it's frothy and then you can add the eggs. Shake the pan to distribute the uncooked eggs. You need to move with pan, use the spatula in a circular motion, starting from the center of the pan and moving outward, to create a nice creamy consistency. A pinch of salt is a must!



Where it all began...

Clinton St. Baking Company was launched in New York in 2001 by husband and wife team, Neil Kleinberg and DeDe Lahman who had one simple mission; to make the best baked goods in the city using the freshest ingredients.

In 2014, brothers Hisham and Ashraf Samawi brought the concept to the Middle East with the opening of a new franchised outlet in Downtown Dubai and subsequently CITY WALK, along with food trucks in various locations in the UAE. Being huge fans of Clinton St. whilst living in New York, the brothers recognised the need for such an experience in Dubai and are now actively running the venues with the same family-focused passion and love as the original owners.





“When creating an omelette at home, the first mistake many cooks make is to let the eggs sit too long in the pan. The second mistake is flipping the omelette over and cooking both sides”

What are the most popular dishes on the menu at Clinton St. worldwide?

Blueberry pancakes, Spanish scramble, fried chicken and waffles, burgers, eggs benedict, milkshakes, and chocolate banana cream pie.

What’s the formula behind fluffy, light pancakes?

In NYC we serve 500 orders of pancakes a week; not bad for a small 32 seat joint! Classically authentic pancakes were a must for Clinton’s. Here’s the secret of our pancakes: we fold egg whites into the batter. I discovered early on in Clinton’s

existence that if we applied French techniques – that is, you make a cake lighter but folding in egg whites (almost like a soufflé) – the batter gets lighter but retains the springy resiliency that makes for a proper pancake. The other key to magnificent pancakes is to avoid over-mixing, which creates gluten in the flour and makes them tough. All Clinton’s pancakes are made with love and butter.

While everyone loves (well, nearly everyone) traditional pancakes drizzled with maple syrup and topped with blueberries, we’re curious to

hear of trending toppings in the world of pancakes. What interesting flavour combinations are popular this year?

Clinton St. has a new ‘pancake of the month’ every month. There are lots of interesting and special pancakes like Japanese pumpkin, blackberry and lemon curd, and raspberry chocolate chunk with raspberry sauce.

For our readers yet to visit Clinton St. here in Dubai, how would you describe its offering?

An eclectic mix of traditional American breakfast, brunch and dinner focus foods with a twist of Latin American flair.

Which dishes are a must-try in your opinion?

The special eggs benedict and market fish tacos. Most often, eggs benedict is served on an English muffin but we serve ours on a buttermilk biscuit, split in half, slathered with butter, and toasted so that it gets crunchy on the top side and stays nice and moist in the middle. Once assembled, it crumbles on the fork and it’s both sweet and savoury.



Try Neil's pancakes at home!

Makes eighteen-twenty 3 inch pancakes

4 cups all-purpose flour
1 tbsp baking powder
¾ cup sugar
1 tsp salt
6 large eggs, separated
3 cups whole milk
¾ cup (12 tbsp) unsalted butter, melted, plus 2 tsp un-melted for the griddle
1 tsp vanilla extract
2½ cups blueberries and sliced bananas
1 cup chopped walnuts
½ cup icing sugar or cinnamon sugar for dusting

1 Measure and sift all the dry ingredients into a large mixing bowl: flour, baking powder, sugar and salt
2 In another bowl, whisk together the yolks, milk, melted butter, and vanilla until combined. Whisk the wet mixture

into the dry mixture. The result should be slightly lumpy, yet combined to form a batter

3 Whip the egg whites in a medium mixing bowl until they reach medium peaks (soft in the middle). You can either whip them by hand with a whisk, or put them in the bowl of an electric mixer to whip. Be careful, you don't over whip the egg whites.

4 Gently mix half of the whipped whites into the batter with a large rubber spatula. Then gently fold the remaining half into the batter. Remember: this batter should be slightly lumpy and have large parts of the egg whites not fully in-corporate; it should look like whitecaps in the ocean with foam on top. (The batter will last a few hours in the fridge without deflating too much).

5 Heat a griddle – either an electric griddle, a stovetop griddle, or a big flat pan – to 350 to 375F. Grease the hot griddle with the remaining butter. Drop ¼ cup (approximately 4 tbsp) of pancake batter on the griddle and cook to set. Add 1 tbsp

blueberries or sliced bananas and 1 tsp walnuts before turning the pancakes. Never add the fruit to the mix; always add the fruit to the pancakes once they're on the griddle. When you see bubbles start to form on top, lift the pancakes halfway up to see if it's golden brown and crispy on the edges. If ready, flip the pancake.

6 When the pancake is golden brown on both sides, remove with a spatula. Repeat with the remaining batter and filling, cooking several pancakes at a time. Garnish with icing sugar for the blueberry pancakes, cinnamon sugar for the banana-walnut.

Clinton St. Baking Company

City Walk: 04-3440705

Burj Views, Downtown Dubai:
04-4281331

Last Exit, Exit 11, Sheikh Zayed Road:
The truck is open 24-hours

Social Media: @clintonstdubai

dinner dash

Chicken breasts

Take one pack of chicken breasts and make three speedy meals. Add a green salad to each

recipes ESTHER CLARK photographs MIKE ENGLISH

Nutty chicken grain salad

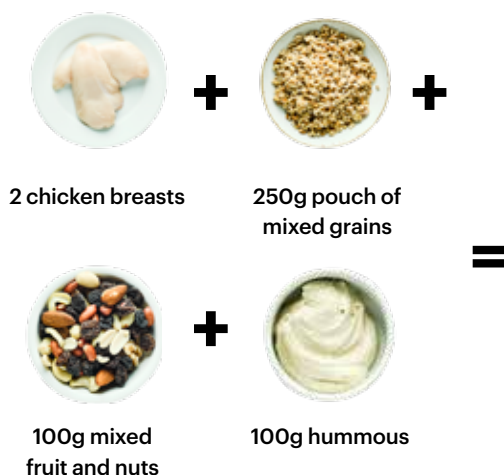
SERVES 2

Put the chicken breasts on a baking tray, drizzle with 1 tbsp olive oil, add seasoning and place under a hot grill for 8 mins or until cooked through. Meanwhile, heat the grains following pack instructions.

Roughly chop the fruit and nuts. Mix with the grains, 1 tbsp olive oil and seasoning to taste. Mix the hummous with 1 tbsp water, 1/2 tbsp olive oil and some seasoning. Serve the chicken sliced with the grains and drizzle over the hummous dressing.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 891 kcs • fat 50g • saturates 5g • carbs 55g • sugars 19g • fibre 9g • protein 49g • salt 0.7g



BBQ chicken & blue cheese wedges

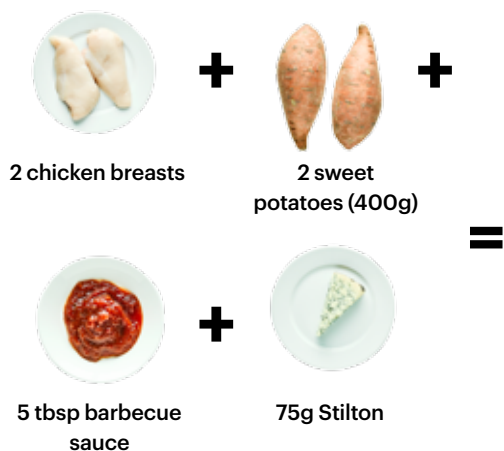
SERVES 2

Scrub the sweet potatoes and cut each into six wedges. Spread out on a baking sheet, drizzle with 1 tbsp oil, season and roast at 200C/180C fan/gas 6 for 20 mins.

Lightly bash the breasts between two pieces of cling film until about 1cm thick. Put the chicken in a bowl and coat in the BBQ sauce. Add the chicken to the baking sheet, return to the oven for 10 mins, then crumble the cheese over the potatoes and bake for 5 mins more until bubbling.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day

PER SERVING 579 kcs • fat 21g • saturates 10g • carbs 53g • sugars 22g • fibre 7g • protein 41g • salt 1.7g



Piri-piri chicken pittas

SERVES 4

Chop the chicken into 2cm cubes and toss in the piri-piri sauce. Heat the grill to high, push the chicken onto four skewers and grill on all sides for 10-12 mins in total or until cooked through and a little charred. Meanwhile, warm the pittas in a toaster.

Slice the pittas in half, stuff with the coleslaw, then slide the chicken from the skewers and add to the pittas.

GOOD TO KNOW low cal

PER SERVING 471 kcs • fat 15g • saturates 2g • carbs 44g • sugars 6g • fibre 3g • protein 38g • salt 2.1g





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Summer fun for the kids

Your guide to keeping the little chefs entertained during summer school holidays



PIZZAEXPRESS, ALL UAE LOCATIONS

There's a new kids' cooking class in town at PizzaExpress every Saturday from 10am to 12pm. The 'hands on pizza party' concept allows your little one to become a chef for the morning, by putting a chef's hat on and whipping up a pizza from scratch. Priced at Dhs30 per child, for all ages, the class includes a chef's hat, a junior pizzaiolo certificate to take home, as well as drinks and their homemade pizza. PizzaExpress locations include JLT, Dubai World Trade Center, Safa Park, City Centre Mall in Fujairah, Al Hamra Mall in Ras Al Khaimah, The Mall at World Trade Center in Abu Dhabi and The Arc Tower at Al Reem Island in Abu Dhabi. *For bookings, please contact: marketing@pizzaexpressuae.com.*

LAPITA, DUBAI PARKS AND RESORTS, AUTOGRAPH COLLECTION, DUBAI PARKS & RESORTS



Treat the kids to a tropical day out this summer at Lapita, where Luna

& Nova children's club is hosting the 'Ke Kau Camp' from July 2 to August 31. For ages 4 – 12 years, the camp will entertain with Hawaiian-themed fitness activities, Polynesian arts and crafts, informative culinary activities and survival explorer journeys. Priced at Dhs200 per child per day, or Dhs850 per child for a week at camp, including lunch, the camp runs from 9am to 5pm. *Call 04-8109680.*



BOUNCE, AL QUOZ

Looking for somewhere to burn off some energy? This venue is ideal for those days your little one has a group of friends over and you want to get them out of the house. Bounce, the trampoline centre, has a summer camp running from July 2 till September 7 called 'Tramp Camp', and is open for children aged between five and 14 years. Priced at Dhs145 per day, this camp aims to keep kids entertained with a fun jam and freestyle session in the big bounce jumping area, plus more focused sessions dedicated to developing aerial skills, coordination and motor skills. Fun aside, this camp is a great place for children to interact. Bounce also offers birthday parties. *Call 04-3211400.*



THE CHEF'S PALETTE COOKING STUDIO, FAIRMONT THE PALM

For budding chefs aged 10 to 14, the cooking studio at Fairmont the Palm offers 'little chefs' culinary classes, specifically designed to learn and practice essential cooking skills, explore healthy aspects of nutrition and have tons of messy fun with their buddies. Classes will bring in new healthy and tasty dishes and a whole new plate of excitement. What's more – all cooked meals will be enjoyed either at the culinary studio or wrapped to take home to proudly share with parents. Birthday parties are also available here. For more information and the schedule, *call 04-4573457.*

LITTLE CHEFS!

Want to keep the kids occupied at home? Here are a few suggestions to get them busy in the kitchen, cooking everything from sushi to meatballs...



HOLIDAY PIZZAS

Want to treat the kids over the holidays? Let them have friends over for a small pizza making party, and you are bound to have a happy (slightly chaotic) household. Pizzas work well because they can be made individually, so the children get to own the task. If you have enough ingredients then prepare extra dough and sauce, and freeze them – making them an ultra-easy meal over the holidays. Pizza making is an introduction to breadmaking and understanding dough. Very young ones will need a little help to roll out dough, but spooning on sauce and scattering over toppings mirrors skills they will have learnt in nursery. You'll find these homemade creations will get demolished in no-time.

MARVELLOUS MEATBALLS

This is a great all-round family recipe as there are plenty of jobs for different

ages, it's freezable and the kids think they are having the treat of sausages while you know that you've succeeded in getting them to eat vegetables. You can also swap the sausages for minced turkey to lower the salt and fat content. If your child is keen to get involved in a bit of onion grating, then doing it wearing goggles will stop tears and add to the fun. It's also a great way of practising counting skills with your children, dividing them up onto plates and counting how many (if any) you have left over for freezing.

CHEEKY CHICKEN SATAY

Satay has the familiarity of peanut butter, while introducing children to subtle spicing, which you can adjust to suit everyone's tastes. There are enough little jobs to keep them busy, and the end result doesn't take long to get on the table. This recipe can also be made with prawns, pork, turkey or beef strips, so once you've mastered it, there are lots of other options to try. They will also have lots of fun tenderising the meat by giving it a bit of a battering! You might want some ear defenders on...

SIMPLE SUSHI

Sushi doesn't have to involve raw fish, grab some sticky rice then what you add to it is totally up to you. At its most basic, this could be nothing more than cucumber - which will keep even the fussiest of eaters happy. There are plenty of child-friendly tasks, very little cooking, and so much to talk



about. If you back it up with a trip to a specialist supermarket, you've got two lovely child-friendly food experiences. It's also a beautifully creative task, which is great for dexterity, and both children and adults can get as adventurous as they like.



FABULOUS FRUIT SKEWERS

This one combines health, fun and art, all in one! Supply the kids with a platter of a variety of fruits – you can even try out unique varieties they might not have tried yet – in a range of different colours, and wooden slim sticks (be sure to chop off any pointy ends), then leave them to it! These skewers can then go into the fridge for dessert or snacks throughout the day.



GIANT BALL PIT, DUBAI MARINA MALL

For the whole month of July, Dubai Marina Mall will turn its center into a giant ball pit for children. Featuring thousands of colourful balls, twisting slides and a soft play area, the fun spot will also have a DJ playing hit children's music – all in an air-conditioned environment. Simply spend Dhs50 at any Dubai Marina Mall retail outlet, for a free 30-minutes of play for a child up to 12 years old, and a maximum height of 110cm.



TOP CHEF COOKING STUDIO, JUMEIRAH BEACH ROAD

Does your son or daughter love to cook? Throughout summer, Top Chef Cooking Studio will be hosting a Kids Cooking Summer Camp that aims to teach children culinary basics. The class includes one-hour of art activities, two hours of cooking and two hours of a special activity that varies daily. Priced at Dhs300 per day, or Dhs1,200 for the week (sibling discount applies), the camp runs from 9am to 2pm at different dates throughout the summer. See topchefdubai.com for schedule. Top Chef Cooking Studio also hosts birthday parties. Call 04-3855781.

Summer camp adventures

Running each week from Sunday to Thursday from July 2 till August 31, every day delivers a new adventure, for a summer of non-stop discovery with Emaar Entertainment Summer Camp. It costs Dhs750 per child, per week, which includes daily activities with professional and trained staff, a morning snack, lunch, and certificate of completion. As the activities take place at a range of venues, the daily meeting point is at KidZania entrance at The Dubai Mall each morning at 8.30am, with pick-up at 3pm.



The weekly agenda includes:



SUNDAY Dubai Ice Rink

The coolest place to learn to skate, kids will discover the fascinating world of sciences and physics behind ice skating; go behind the scenes to find out how Dubai Ice Rink keeps the ice so cold in the desert; and learn the foundations of ice skating to build confidence on the ice with a special

EduSkate programme, before enjoying a free-skating session to practice their new-found skills and enjoy skating time with new friends.

MONDAY KidZania

Tuesday takes children to the mini-world of KidZania, where they'll learn all about the history and traditions of the UAE at Heritage Village, with activities including Pearl Hunting, Calligraphy and Pottery Making; before selecting a fun role-play activity and discovering what some of the many KidZania professions, such as the bakery or fashion boutique, are all about.

TUESDAY Dubai Aquarium & Underwater Zoo

Uncover the mysteries of the ocean at Dubai Aquarium & Underwater Zoo, with a special back-of-house tour, and a look at the incredible conservation programme at Dubai Aquarium, aimed at preserving and strengthening the

numbers of some of the world's endangered species. Children will also walk alongside creatures like sealions and elephants from around the world, at VRZOO – the immersive 360-degree Virtual Reality attraction, bringing them closer than ever to some of the planets most majestic and endangered species.

WEDNESDAY KidZania Filmmaking Studio and Reel Cinemas

Inspiring young film enthusiasts, actors and movie-lovers alike, Wednesdays at Emaar Entertainment's Summer Camp will teach children about filmmaking at the KidZania studio; before they get to relax and enjoy watching an educational and inspiring movie at Reel Cinemas, and take part in a fun activity based on the film.



THURSDAY At the Top, Burj Khalifa

The most elevating day of the programme, the week will culminate with a visit to At The Top, Burj Khalifa, where they'll discover facts about the 828m tall structure, from design to construction; before enjoying collaborative teambuilding games at KidZania.

To book or for more information, visit emaarsummercamp.com.

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Tweenage fiesta

School's out for summer, and if your kids are grown up enough to want a party that their friends will envy, roll out a platter of help-yourself fajitas, a fancy-looking drink and an ice cream sundae bar. They will thank you, we promise!

recipes LULU GRIMES *photographs* WILL HEAP



Fiesta menu

Watermelon lemonade

Chicken fajitas

Guacamole salsa

Bacon nachos with cheese sauce

Ice cream sundae bar



Watermelon lemonade

SERVES 8 PREP 35 mins NO COOK

1 large or 2 small watermelons
250ml lemon juice (from a bottle
or squeeze your own)
100g golden caster sugar
1-litre bottle soda water
1 lime, cut into slices
small handful mint
crushed ice

1 Cut the top off the watermelon and hollow it out using a large spoon, fishing out any pips along the way.

Mash the flesh through a sieve into a bowl. Put the flesh in a blender (or use a tall jug and hand blender) with the lemon juice and sugar, whizz to a purée, then stir in the soda.

2 Heap some ice into the hollowed-out watermelon and fill it with the lemonade mixture. Serve the rest in a jug with the lime slices and mint. Have a bowl of extra crushed ice on the side so people can help themselves.

GOOD TO KNOW • vegan • low fat • vit c • 1 of 5-a-day • gluten free

PER SERVING 243 kcals • fat 1g • saturates none • carbs 54g • sugars 48g • fibre 2g • protein 4g • salt 0.1g



Chicken fajitas

Serve the chicken, peppers, onions and tomatoes with the tortillas and soured cream, along with the guacamole salsa (recipe below).

SERVES 8 **PREP** 20 mins

COOK 25 mins **EASY**

24 flour tortillas

300g soured cream

For the chicken

6 chicken breasts

4 tbsp olive oil

2 garlic cloves, crushed

2 limes, juiced

1 tsp each chilli powder and

ground cumin

small pack coriander,

finely chopped

For the pepper mix

2 tbsp olive oil

1 large red onion, cut into thin wedges

2 red and 2 yellow peppers, cut into thin strips

200g cherry tomatoes, halved

1 Slice the chicken breasts in half horizontally, then cut them into thin strips. Put them in a bowl, add the remaining ingredients and rub into the chicken with your hands.

2 Heat the oil for the pepper mix in a large frying pan and fry the onion wedges for 6 mins or until softened. Turn the heat up high so the wedges char slightly at the edges, season well and, using a slotted spoon, lift them onto a baking tray and keep warm.

3 Add the peppers in batches, cook them the same way, then transfer to the baking tray with the onions. Cook the tomatoes in the same way and add them to the peppers.

4 Heat a griddle pan or use the same frying pan and cook the chicken in batches over a high heat – allow them to catch a little on the edges but don't overcook them. Add them to the baking tray to keep warm.

5 Heat the tortillas on the griddle, then wrap in foil and keep warm in the oven, or heat in the microwave following pack instructions.

GOOD TO KNOW calcium • folate • fibre • vit c

• 2 of 5-a-day

PER SERVING 652 kJals • fat 24g • saturates 9g • carbs 70g • sugars 10g • fibre 7g • protein 35g • salt 2.3g



Guacamole salsa

Most of this can be prepared ahead, so you just need to add the avocado at the last minute.

SERVES 8 **PREP** 15 mins **NO COOK** **V**

¼ white onion, very finely chopped

1 tbsp vinegar

2 garlic cloves, crushed

1-2 jalapeño chillies, very finely chopped (optional)

small pack coriander, finely chopped

2 large, ripe avocados

1 lime, juiced

2-3 tbsp olive oil

Put the onion and vinegar in a bowl and leave to sit for 15 mins. Add the garlic, jalapeños (if using), coriander and some seasoning. Chop the avocados into the bowl, then roughly mash with a fork, mixing as you mash. Add the lime juice and more salt to taste, then stir through 2-3 tbsp olive oil until you have a salsa consistency.

GOOD TO KNOW fibre • gluten free


PER SERVING 138 kJals • fat 14g • saturates 3g

• carbs 2g • sugars 1g • fibre 3g • protein 1g • salt none



Bacon nachos with
cheese sauce, p38

Bacon nachos with cheese sauce

SERVES 8 **PREP 5 mins**
COOK 15 mins **EASY** 

100g mature cheddar, grated
50g Red Leicester, grated
1 tbsp cornflour
300ml whipping cream
1-2 tbsp maple syrup
a few drops smoky Tabasco sauce
6 rashers smoked streaky bacon
200g bag plain tortilla chips
3 spring onions, finely sliced
1 jalapeño chilli, sliced (optional)
handful coriander leaves
soured cream, to serve

1 Stir the cheeses, cornflour, cream and 1 tbsp maple syrup in a saucepan over a low heat. Continue stirring – it may split or look lumpy but will eventually come together. Season with the Tabasco and a little more maple syrup to taste. Keep warm to prevent it setting quickly.

2 Grill the bacon until very crisp, and warm the tortilla chips on the shelf below in the oven. Heap the chips onto a platter and pour over the cheese sauce. Break the bacon into small pieces and sprinkle over, followed by the spring onions, jalapeño (if using) and coriander.

GOOD TO KNOW gluten free

PER SERVING 417 kcals • fat 32g • saturates 16g •
carbs 19g • sugars 3g • fibre 2g • protein 11g • salt 1.4g



Ice cream sundae bar

Choose ice cream flavours everyone likes, keep them chilled in ice and supply a range of toppings. Everyone can help themselves. Add some fruit juice lollies for anyone who doesn't like dairy.

SERVES 8 **PREP 20 mins**
COOK 15 mins **EASY**

3 tubs of ice cream
2 bags of ice
assorted sprinkles, sweets
and berries

For the strawberry sauce

400g strawberries, hulled
100g golden caster sugar
1 tbsp vanilla extract
1 lemon, juiced

For the chocolate sauce

2 large Mars bars or other chocolate
caramel bars, chopped
200ml whipping cream

For the chocolate sprinkle cones

150g white, milk or dark chocolate
1 tub of sprinkles
8 ice cream cones

1 To make the cones, slowly melt the chocolate in a microwave or a bowl set over a pan of simmering water. Pour the sprinkles into a bowl. Dip the rim of a cone into the chocolate, shake off any excess, then dip it into the sprinkles. Leave upright to dry and repeat with the rest.

2 Make the chocolate sauce by heating and stirring the chocolate bars and cream together in a pan over a low heat. Keep warm and transfer to a squeeze bottle when needed.

3 To make the strawberry sauce, tip the berries into a pan with the sugar, vanilla, lemon juice and a splash of water. Heat gently until the strawberries start to release their juices. Mash or blend the contents of the pan, then push through a fine sieve to remove any pips. Leave to cool and transfer to a squeeze bottle or jug.

4 Arrange the ice cream tubs (lids off) in a large bowl or bucket filled with ice. Arrange the cones, squeeze bottles and assorted sprinkles, sweets and berries in bowls alongside, so that the kids can help themselves, adding the toppings of their choice.

GOOD TO KNOW gluten free

PER SERVING 417 kcals • fat 32g • saturates 16g •
carbs 19g • sugars 3g • fibre 2g • protein 11g • salt 1.4g



**For plenty of ideas for parties
for younger children, visit
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Seasonal surprises

These brand-new recipes celebrate the wonderful array of early-summer produce

recipes ROSIE BIRKETT *photographs* PETER CASSIDY



Good Food contributing editor Rosie Birkett is a food writer and stylist. Her cookbook, *A Lot on Her Plate*, is out now (Dhs120, Hardie Grant). [Twitter](#) [Instagram](#) @rosiefoodie



Summer pudding with elderflower, p42

Summer pudding with elderflower

I adore summer pudding.

The way the blush syrup of ripe, lush summer berries bleeds into the bread makes my knees wobble a little. Using sourdough gives a pleasing sturdiness and slight sourness that works well with the sweetness of the fruit and elderflower.

If you've got some to hand, this is really gorgeous garnished with fresh elderflower. It must always be served with oodles of cream or crème fraîche.

SERVES 4 PREP 20 mins plus
overnight chilling **COOK 5 mins EASY**

4 tbsp caster sugar
800g mixed seasonal fruit
(strawberries, cherries,
gooseberries and raspberries)
3 tbsp elderflower cordial
butter, for the pudding basin
½ loaf of stale white sourdough,
crusts removed, sliced
cream or crème fraîche, to serve

1 Bring 350ml water to the boil in a large pan with the sugar, stirring to dissolve it. Add the fruit, bring back to a simmer, then stir and turn off the heat. Add the cordial, stir and transfer to a dish to cool.

2 Lightly butter a 1-litre pudding basin (this helps the cling film stick), line with cling film, butter the cling film, then line that with the slices of bread, pressing them up against each other. You'll need two round discs of bread for the bottom and top of the basin, one slightly larger than the other. Place the smaller disc at the bottom of the basin. Fill the bread-lined basin with the fruit and syrup right to the top, keeping any leftover fruit and syrup for serving. Place the larger disc on the top and put the basin on a baking tray. Cover with a plate that sits just inside the basin, then weigh that down with a heavy mortar or tin and put in the fridge overnight.

3 Turn out carefully onto a plate, and serve with plenty of cream and any leftover fruit and syrup.

GOOD TO KNOW low fat • fibre • vit c • 2 of 5-a-day
PER SERVING 368 kcal • fat 3g • saturates 1g •
carbs 74g • sugars 45g • fibre 7g • protein 9g •
salt 0.9g

Courgette fritters with tarragon aioli

Every summer I look forward to the glut of courgettes in my veg box – I always need to come up with fun and delicious ways to use them up. Fritters are a British allotment classic, and I've given mine a twist with some crunchy pumpkin seeds and a hit of chilli. The tarragon aioli is for dipping – or slathering all over them – before devouring.

SERVES 6 PREP 30 mins
COOK 30 mins MORE EFFORT V

For the aioli

ice
bunch tarragon (leaves and stalks)
300ml vegetable oil
1 garlic clove, crushed to a paste
with a pinch of salt
2 egg yolks
½ lemon, juiced

For the fritters

4 courgettes, coarsely grated
4 spring onions, sliced
50g feta, crumbled
50g parmesan (or vegetarian
alternative), grated
pinch of chilli flakes
2 eggs, beaten
4 tbsp self-raising flour
2 lemons, zested
2 tbsp toasted pumpkin seeds or
toasted flaked almonds
rapeseed oil, for frying

1 First, make the tarragon aioli. Prepare an ice bath with ice cubes and water in a bowl, ready to refresh the tarragon. Bring a pan of water to the boil and blanch the tarragon for 30 secs. Drain quickly and immediately refresh in the ice-cold water. Squeeze out the excess water, then blitz with the oil in a food processor until you have a green oil. Strain through a sieve to remove some of the bits.

2 Put the garlic and egg yolks in a bowl and whisk until the yolks go pale and fluffy. Squeeze in a touch of lemon juice and whisk again, then slowly drizzle in the oil, whisking quickly and continuously, until it starts to thicken. Add a tiny splash of water if it looks like it's going to split. Keep adding the oil until it's all combined into a nice, thick green aioli. Taste for seasoning and add lemon juice or salt to balance it.

3 To make the fritters, toss the courgettes with a large pinch of sea salt and put in a colander set over the sink or a bowl for about 10 mins. Tip into a clean tea towel and squeeze out the excess moisture.

4 Mix the courgettes with all the other fritter ingredients (except the oil) until well combined. Heat a little rapeseed oil in a non-stick pan and add fritter-sized spoonfuls. Cook until a crust has developed, then flip over with a palette knife or spatula. Keep warm on a plate in the oven until they're all done, then serve with hefty dollops of the aioli. This is good as a side for fish, or as a snack/starter on a summer day.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 651 kcal • fat 60g • saturates 7g •
carbs 13g • sugars 2g • fibre 2g • protein 12g • salt 0.5g



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- Pollock
- Sardines
- Sea and river trout
- Sea bass
- Spider and brown crabs

Meat

- New season lamb





Trout with lovage, pea purée
& crisp spring onions, p46



Apricot & pistachio
frangipane tart, p46

Trout with lovage, pea purée & crisp spring onions

Lovage is one of my all-time favourite herbs. It has such a pleasing, unusual flavour – like a super-aromatic celery with notes of fresh grass – and it works beautifully in this purée with peas and the delicate trout.

The crispy spring onions add texture and are worth the extra effort – think straight, rather more elegant onion rings!

SERVES 4 PREP 30 mins

COOK 30 mins MORE EFFORT

2 rainbow trout, cleaned (approx 340g)
1-2 tsp olive oil
handful lovage leaves
2 tsp butter
½ lemon, finely sliced
1 tbsp rice flour
1 lime, zested
3 spring onions, cut in half across the middle, then halves sliced lengthways into matchsticks
200ml vegetable oil

For the purée

1 onion, finely sliced
1 lemon, zested and juiced

1 tbsp butter
1 tbsp olive oil
100g spinach
150g frozen peas
splash of white wine
10 lovage leaves, washed
1 tbsp crème fraîche or soured cream
To serve (optional)
new potatoes, sliced and roasted
green salad

1 To make the purée, fry the onion and lemon zest in the butter and olive oil over a low heat with a pinch of salt for 8-10 mins until fragrant. Add the spinach, peas and wine, and cook, stirring, until the wine has evaporated. Add 100ml water, bring to a simmer and cook until the peas are done, about 2 mins. Add the lovage leaves and crème fraîche, stir briefly just to wilt the leaves, then add the lemon juice and blend to a silky smooth purée. Transfer to a pan to heat up before you serve.

2 Heat oven to 220C/200C fan/gas 7. Rub the fish with a little olive oil and season the fish cavities. Place a couple of lovage leaves in each fish, along with some slices of lemon and a few dots of butter. On a baking sheet, lay out a large piece of

foil, bigger than the sheet. Place the fish in the middle of the foil, pull it up over the fish and seal, making a tented parcel. Bake in the oven for 15 mins, then open the foil and cook for 5 mins more. Remove and rest for 5 mins while you make the crisp spring onions. The fish should be delicately pink, moist and very tender, and come away from the skin and bone very easily.

3 Put the rice flour and lime zest in a bowl with a pinch of salt. Toss the spring onions with the flour to coat. Heat the oil in a saucepan (make sure it is no more than one-third full) over a medium-high heat. Fry the spring onions and watch as they sizzle. If they're turning brown or cooking very quickly, turn the heat down. Fry for about 3-5 mins until crisp but not too brown, then drain on kitchen paper.

4 To serve, sweep the purée across the plate, top with the trout, then the spring onions. Eat with roast potato slices and a fresh green salad.

GOOD TO KNOW omega-3 • 1 of 5-a-day • gluten free
PER SERVING 724 kcal • fat 65g • saturates 9g • carbs 12g • sugars 5g • fibre 4g • protein 21g • salt 0.3g

Apricot & pistachio frangipane tart

Frangipane is such a joy – I love the combination of buttery almonds with sweet, plump apricots. Using pistachios gives an added luxury and opulence that's a bit of a game-changer. It also makes for a beautiful greenish tinge inside when you cut a slice – which you'll find yourself doing again and again...

SERVES 8-10 PREP 40 mins

COOK 45 mins MORE EFFORT

For the pastry

175g plain flour
50g ground almonds
125g chilled unsalted butter, cut into cubes
1 egg yolk
50g golden caster sugar
For the frangipane
150g golden caster sugar

180g unsalted butter, softened
2 eggs (1 whole, 1 yolk)
50g whole almonds, coarsely ground
150g pistachios, coarsely ground
4 apricots, halved and stoned (take off the skin if you prefer)
1 tbsp pistachios, roughly chopped

1 First, make the pastry. Sieve the flour, ground almonds and a pinch of salt into a large bowl. Add the butter and lightly rub in until you have no large lumps. Make a well in the centre, mix the egg yolk and sugar together until the sugar is dissolved, then pour into the well. Stir until the liquid is well combined and you have a smooth, very soft pastry. Wrap in baking parchment and rest in the fridge for 1 hr.

2 Roll the pastry between two sheets of baking parchment, then line a deep 23cm fluted tart tin with the pastry – you will need to work

quite quickly when it comes up to room temperature. Don't worry if it tears or breaks, just patch it up – it will knit together again when it bakes. Return the pastry case to the fridge while you make the filling. Heat oven to 180C/160C fan/gas 4.
3 To make the frangipane, beat together the sugar and butter until fluffy, then add the egg, egg yolk and ground nuts. Fill the tart case with the frangipane and top with the apricots. Press them into the frangipane and sprinkle with the chopped pistachios. Bake in the oven for 40-50 mins until the pastry is crisp and golden and the frangipane is puffed and coloured.

PER SERVING (10) 555 kcal • fat 40g • saturates 18g • carbs 38g • sugars 23g • fibre 3g • protein 9g • salt none

Beetroot-cured cod with fennel & kohlrabi slaw

This dish is a bit of a talking point, thanks to the pretty pink hue the beets give the white fish. Kohlrabi has a gorgeous crunch that works very well in a slaw, especially with sharp green apple.

SERVES 6 as a starter **PREP** 45 mins plus 1-2 days curing **NO COOK** !

150g grated raw beetroot
1 lemon, zested
25ml gin
1 tbsp sea salt
1 tbsp golden caster sugar
2 tbsp roughly chopped dill fronds
1 fresh skinless fillet of cod, about 240g

For the slaw

100g kohlrabi, peeled and very finely sliced (preferably with a mandolin)
½ fennel bulb, finely sliced
1 candy-striped beetroot, peeled and very thinly sliced (preferably with a mandolin)

1 Granny Smith apple, peeled, cored and julienned
½ red onion, very finely sliced
2 tbsp soft herbs, such as dill and chervil, leaves picked and roughly chopped, plus extra to garnish

For the dressing

1 tbsp capers
½ tbsp lemon juice
1 tbsp rapeseed oil
1 tbsp Dijon mustard

1 Put the beetroot, lemon zest, gin, salt and sugar in a blender, blitz to a paste, then stir through the dill. Cut two bits of baking parchment big enough to wrap up the fish. Coat the fish with the cure so it is fully covered, then lay it on the parchment and evenly spread over

any remaining cure. Wrap it up really tightly and place on a baking tray. Put another smaller tray on top of the fish parcel and weigh down with cans or a heavy mortar. Leave for one or two days in the fridge, draining off the liquid that escapes.

2 On the day you wish to serve, remove the parchment and gently rinse off the cure. Dry the fish with a clean kitchen towel.

3 Combine all the slaw ingredients in a bowl and season. Combine the dressing ingredients and pour over the slaw. Taste and check for seasoning. Finely slice the cured fish against the grain and serve with the slaw. Garnish with more fresh herbs scattered over the top.

GOOD TO KNOW low fat • 1 of 5-a-day • gluten free
PER SERVING 84 kcals • fat 3g • saturates none •
carbs 5g • sugars 4g • fibre 2g • protein 8g • salt 1.3g



Brown butter & cherry friands

The nuttiness of brown butter complements the almond notes and roasted cherries in this light and moreish sweet little treat, perfect for summer picnics.

MAKES 12 **PREP** 20 mins

COOK 30 mins **EASY**

215g unsalted butter, plus extra for the tin

6 medium egg whites

80g plain flour

150g icing sugar, plus extra for dusting

100g ground almonds

1 tsp vanilla essence

150g cherries, stoned and halved

1 Heat oven to 200C/180C fan/gas 6. Butter some non-stick muffin tins (or friand moulds if you have them). Melt the butter gently in a pan. Pour off 155g to cool in a bowl. Take the remaining butter to browning stage by keeping it over the heat and swirling it until it starts to caramelise and smell nutty, then take it off the heat and allow it to cool.

2 Whisk the egg whites until frothy (no need for stiffness). Sieve the flour, sugar and ground almonds into a bowl with a pinch of salt, then mix. Add the two melted butters, vanilla and egg whites, and beat lightly until you have a well-combined and smooth batter. Add in $\frac{3}{4}$ of the cherries, stir to combine, then pour into the tins. Top with the remaining cherries and bake for 25-30 mins until puffed and golden, and a skewer comes out clean.

PER FRIAND 275 kcal • fat 19g • saturates 10g • carbs 20g • sugars 14g • fibre none • protein 5g • salt none



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tom kerridge's weekends at home

Summer pies, tarts and quiches

BBC chef Tom Kerridge's new series celebrates the joy of weekend cooking, starting with perfecting summer pastry

photographs PETER CASSIDY



Posh prawn & smoked
salmon pasties, p52



**Courgette & double
cheese quiche, p52**



Good Food contributing editor Tom Kerridge is a regular BBC presenter and chef-owner of The Hand &

Flowers and The Coach – both in Marlow, Buckinghamshire. His latest book, *Tom Kerridge's Dopamine Diet* (Dhs95, Absolute Press), is out now.
 @ChefTomKerridge

I can't think of a better subject than homemade pastry to kick-start my new series on weekend cooking, when you have more time in the kitchen. Pastry isn't difficult, but it is a staggered process. For the best results, you need time for it to chill, to roll it out, chill again, plus time in the oven and then to cool completely. It's definitely a weekend job!

As it's summer, pastry to me means pies, pasties, quiches and tarts – all make-ahead, hearty, filling and, should we be blessed with a little sunshine, portable for weekend picnics.

Posh prawn & smoked salmon pasties

Here I'm lightening up the traditional pasty with seafood, for a summer vibe.

MAKES 4 PREP 40 mins plus chilling COOK 50 mins MORE EFFORT

For the filling

100g potato, cut into small cubes
 200g smoked salmon, roughly chopped
 1 lemon, zested
 2 drops of Worcestershire sauce
 50ml double cream
 600g cooked and peeled prawns, roughly chopped
 1 large dill sprig, roughly chopped
 3 tbsp finely chopped sundried tomatoes
 large pinch of cayenne pepper

For the pastry

350g strong white flour
 25g cold butter, diced
 50g cold lard, diced
 1 egg yolk, beaten, for glazing

1 Simmer the potatoes in salted water for 8-10 mins or until just cooked, then drain and leave to cool. Tip all the filling ingredients into a bowl, mix well, season with a little salt and chill until needed.

2 To make the pastry, tip the flour, butter, lard and a pinch of salt into a bowl and work the fats into the pastry with your fingers until it makes a fine crumb. Bring 150ml of water to the boil and gradually stir into the bowl with a spatula or wooden spoon (you may not need all the water). Work the flour mixture together to form a ball, tip onto a work surface and knead the dough so it becomes smooth. Divide the dough into four balls, wrap in cling film and chill for 30 mins.

3 Heat oven to 180C/160C fan/gas 4. Remove a ball of dough from the fridge and roll out to a rough 18cm circle. Spoon a quarter of the filling into the middle, then draw up the edges and seal the pasty, making sure all the air has been pushed out. Crimp or fold the edges, then lay on a baking sheet. Repeat the process for the remaining three.

4 Brush the pasties with the beaten egg yolk and sprinkle with a tiny pinch of flaky salt. Bake for about 40 mins until golden. Remove from the oven and rest for at least 10 mins. Eat warm or leave to cool.

GOOD TO KNOW calcium • omega-3
PER PASTY 808 kcals • fat 32g • saturates 14g • carbs 76g • sugars 6g • fibre 5g • protein 51g • salt 3.6g

Courgette & double cheese quiche

Courgette is brilliant in quiches but it isn't big in the flavour stakes, so I've hit it with double cheese – blue for creaminess and acidity, and parmesan in the pastry as a sort of cheesy seasoning.

SERVES 8-10 PREP 25 mins plus 1 hr 10 mins chilling and 1 hr salting COOK 1 hr MORE EFFORT V

For the pastry

200g plain flour, plus extra for dusting
 85g cold butter, diced
 80g parmesan (or vegetarian alternative), finely grated
 2 egg yolks

For the filling

1 large courgette, thinly sliced
 bunch spring onions, sliced
 100g blue cheese, crumbled (I like Stilton)
 2 tbsp onion marmalade

1 tsp fresh thyme leaves
 150ml double cream
 1 whole egg, plus 2 egg yolks

1 For the pastry, tip the flour, butter and parmesan into a food processor. Blitz to a rough crumb, then add the yolks and 2 tbsp water. Pulse to a loose dough, then tip the mix out onto a floured surface and knead a few times to a smooth pastry.

2 Roll the pastry between two sheets of baking parchment to the thickness of a £1 coin – the disc should be big enough to fit a 20cm tart tin with a loose base. Chill in the fridge for 1 hr.

3 While the pastry is chilling, salt the courgette and spring onions, and leave for 1 hr in a colander with a bowl underneath to catch the juices.

4 Use the pastry to line the tin. Work it into the corners, then cut away any pastry from the edges. Pop back in the fridge for 10 mins or so.

5 Heat oven to 180C/160C fan/gas 4. Line the pastry case with parchment and baking beans, and bake for 20 mins. Lift off the parchment and beans, and continue to bake until the base is fully cooked and biscuity brown. Remove from the oven and leave to cool.

6 Tip the courgette and spring onions into a clean tea towel and squeeze out the remaining excess water. Tip into a large mixing bowl and stir through the blue cheese, onion marmalade and thyme. Spread the mix over the bottom of the tart case.

7 Whisk together the cream, whole egg and yolks with some seasoning. Pour this over the courgette filling and bake for 30-35 mins until just set. Remove from the oven and leave to cool completely before cutting into slices.

PER SERVING (10) 330 kcals • fat 24g • saturates 14g • carbs 18g • sugars 2g • fibre 1g • protein 10g • salt 0.5g



Pickled onion
pork pies, p54

Pickled onion pork pies

Always striving to evolve the classics, I developed this pork pie pastry recipe with polenta in it to give it more texture. Also, as a nod to the gala pie, which has an egg in the middle, I've used a pickled onion instead, which adds more flavour. It's a bit like injecting the pie with chutney.

MAKES 6 **PREP** 40 mins plus 1 hr chilling **COOK** 20 mins plus cooling
MORE EFFORT 🍴 unbaked 📖

For the filling

1 tbsp butter
1 onion, very finely chopped
100g smoked bacon, finely chopped
250g pork mince (shoulder is good)
1 garlic clove, grated
½ tsp each ground mace and cracked black pepper
½ tsp thyme leaves
1 egg
30g fresh breadcrumbs
6 small pickled onions

For the pastry

250g strong flour
50g polenta
½ tsp bicarbonate of soda
75g cold lard, diced, plus extra for the tin
2 egg yolks, beaten, for glazing

1 Heat the butter in a small pan and cook the onion over a low heat for 5 mins until soft but not coloured. Tip all the filling ingredients, except the pickled onions, into a large bowl and mix well into a large meatball – the easiest way of doing this is getting your hands in and scrunching the mixture through your fingers. Divide the mix into six equal balls and press a pickled onion into each, making sure the onion is completely encased. Chill in the fridge for 1 hr or so.
2 Meanwhile, make the pastry by putting all the dry ingredients in a stand mixer with a paddle attachment. Bring 100ml water, the lard and ½ tsp salt to the boil,

pour onto the dry mix and bring the pastry together.

3 Heat oven to 200C/180C fan/gas 6. Roll the pastry out to the thickness of a £1 coin. Cut out six 12cm circles and use each to line a hole in a greased muffin tin. Re-roll the trimmings, cut six 8cm circles for the lids and set aside. Press a meatball into each pastry-lined muffin hole. Brush the edge of each with a little beaten yolk, place a lid on top, crimp the sides together and poke a hole in the middle of each. Glaze the pie tops with egg yolk and bake for 20 mins until golden brown. Leave the pies to cool completely before eating. *Can be made two days ahead and kept in the fridge.*

PER PORK PIE 454 kcals • fat 25g • saturates 10g • carbs 38g • sugars 2g • fibre 3g • protein 19g • salt 1.0g

Strawberry & basil tart

The pastry in this recipe is a little tricky to work with because it's so buttery; but persevere, patch up any gaps, and you'll be rewarded with the crumbliest shortbread base.

The pastry and the custard filling are my blueprint tart basics for summer fruits. As well as strawberries, they work topped with raspberries, pitted cherries, redcurrants or thinly sliced peaches, all glazed with a complementary jam or simply dusted with icing sugar.

SERVES 6 **PREP** 20 mins plus 1 hr chilling **COOK** 1 hr 35 mins **MORE EFFORT**

For the pastry

125g butter
200g plain flour, plus extra for dusting
60g caster sugar
1 egg yolk

For the filling

400ml whole milk
70g caster sugar

½ a vanilla pod, seeds scraped
4 eggs
20g plain flour
20g cornflour
50ml double cream
400g strawberries
5 tbsp strawberry jam
small handful small or micro basil leaves

1 Make the pastry by putting the butter and flour in a food processor and pulsing to a crumbly mixture. Tip in the sugar and egg yolk, and pulse to a dough. Wrap in cling film and chill in the fridge for at least 1 hr. Roll out the dough on a floured surface to the thickness of a £1 coin, then drape over a 12 x 35cm rectangular tart tin, press into the sides, and chill for 30 mins.
2 Heat oven to 180C/160C fan/gas 4. Line the pastry case with parchment and baking beans. Bake for 25 mins until the pastry is a light biscuity colour. Remove the beans and parchment; if needed, bake a little longer just to crisp up the base.

3 While the pastry is cooking, bring the milk, sugar and vanilla to the boil. Whisk the eggs and flours together, then pour over the milk, whisking as you pour. Return the mix to the pan and cook until it becomes a thick and glossy custard. Pass it through a fine sieve and leave to cool. Meanwhile, whisk the cream until it holds its shape. Fold the cream and custard together.

4 When the tart case is cool, spread the custard over the base. Slice the strawberries and arrange them over the top. Bring the jam to the boil with a few tbsp water, simmer to a smooth glaze, then brush over the strawberries. Scatter over the basil leaves and serve.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING 585 kcals • fat 29g • saturates 12g • carbs 68g • sugars 37g • fibre 4g • protein 11g • salt 0.6g



star ingredient

Scallops

...we salute you

Three stunning recipes to make
the most of fresh scallops

recipes DIANA HENRY

photographs PETER CASSIDY



Scallops in the shell
cooked over embers, p58





Good Food
contributing editor
Diana Henry is
an award-winning
food writer. Every
month she creates
exclusive recipes

using seasonal ingredients. Her
tenth book, *Simple* (Dhs125, Mitchell
Beazley), is out now.

[Twitter](#) [Instagram](#) @DianaHenryFood

It's 11pm and the sky is blue-black, the colour of mussel shells. There are flickerings of northern lights activity, little feathers of light moving gently across the sky. I'm in Norway, cooking fish on the beach, the area lit by candles and the occasional lighter, and having one of those 'Am I dreaming?' moments. My job allows me to eat pretty good food, but it's rarely as intensely pleasurable or as simple as this. King crab, mussels and scallops – caught that day – are being placed on the rack above the hot embers

(we haven't even cleaned the mussels – they're tangled in seaweed). Once cooked, we scoop everything up with oven mitts and tongs, crack open the crabs with whatever heavy implements we can find, pull mussels and scallops from their shells, and eat the lot with cold beer and warm bread.

The word 'fresh' is used a lot by food writers (and advertisers) – 'freshly picked' or 'fresh from the sea'. We know that freshness has a huge impact on flavour, but I didn't understand the word properly until now. This fish was caught no more than 12 hours ago, and you can tell.

Scallops are my favourite shellfish. They're less briny than crab, less sweet than lobster, the flavour perfectly poised between the two. I love the shape as well – a puck of creamy meat with a comma-shaped coral attached. And the shells – perfect fans – are one of nature's most startling creations. I won't lie, I mostly buy scallops already prepared by the fishmonger. In Norway, we cleaned

the scallops right before we cooked them. It made a difference. You might have trouble persuading your fishmonger that you can do it yourself (I did), but persevere.

When you're ready to cook, wrap your hand in a tea towel and hold the scallop, flat-side uppermost. Slide the blade of a thin, flexible knife between the two shells and, holding it flat against the top shell, feel for the ligament that joins the meat to it. Cut through this and lift off the top shell. Pull off the 'frill' that surrounds the scallop and remove the black stomach sac. Gently rinse away any sand. Slide the knife under the scallop and cut it away. Look for the little white ligament on the side and pull it off (this toughens during cooking). That's all there is to it.

Scallops need quick cooking over a high heat (unless you're poaching them). You want the surface to be dotted with gold and the centre to have just lost its pearly translucence. Queen scallops are in season now until October. Get that flexible knife ready.



Scallops in the shell cooked over embers

Simple, but if you get good scallops they don't need garlic or parsley – just seasoning, butter and lemon. Ask the fishmonger to clean the scallops for you, but to leave any briny juices in the shell intact (they shouldn't wash the shells), or buy them whole – ideally the day you eat them – and clean them yourself at home (see Diana's intro for how).

SERVES 4 **PREP 5 mins**
COOK 5 mins **EASY**

12 small or 8 large scallops,
and 4 scallop shells
75g cold butter
lemon
bread, to serve

1 Divide the scallops between four shells, adding any briny juices that were in the shells. Season and top with a knob of butter.

2 You need either a barbecue or a fire pit that has burned down to hot embers. Flatten the embers, then use tongs to lay the shells directly on them. Cook for 1 min, then carefully turn the scallops over in the shells, trying not to spill the buttery juices. (The butter shouldn't burn as it went on cold, but if it does, move the shells to a cooler part of the embers.) Cook for 1-3 mins on the other side, depending on the size of the scallops. Carefully move the shells onto plates (they will be very hot). Squeeze lemon over the top and eat immediately, with bread to mop up the juices.

GOOD TO KNOW gluten free

PER SERVING 169 kcals • fat 16g • saturates 10g •
carbs 2g • sugars none • fibre none • protein 6g • salt 0.8g



Keralan scallop molee

This isn't exactly a cheap dish to make, so if you want to make it a bit less expensive, use a mixture of scallops and prawns or scallops and a meaty white fish (buy fillets and cut the flesh into chunks). If you can't find fresh curry leaves, use dried ones. The molee base can be made the day before.

SERVES 4 **PREP 20 mins**

COOK 35 mins **MORE EFFORT**

600g (shelled weight) queen scallops, cleaned (see Diana's intro for how)
1 tbsp coconut or groundnut oil
½ tsp black mustard seeds
¼ tsp cumin seeds
1 onion, very finely chopped
2 green chillies, halved, deseeded and finely sliced
4 garlic cloves, very finely chopped
2.5cm cube of ginger, peeled and grated

20 fresh curry leaves (or 40 dried)
½ tsp ground turmeric
400ml can coconut milk
12 cherry tomatoes, halved
squeeze of lime juice or lemon juice (to taste)
1½ tbsp chopped fresh coriander, to serve
plain boiled rice, to serve

1 Look at the scallops to find a little white bit at the side – this becomes tough when cooked, so cut it off. If you have small queen scallops, you probably won't need to halve them, but if you have large ones, slice them in half horizontally.

2 Heat the oil and add the mustard and cumin seeds. Cook until the mustard seeds start to pop, then add the onion, chillies, garlic, ginger and curry leaves. Cook for 12 mins or until the onion is golden and the ginger no longer tastes 'raw'. Add the turmeric, cook for 1 min, then add the coconut milk. Bring

to a simmer, season and add the tomatoes. Cook for 12-15 mins or until the mixture is slightly thicker and reduced. (If you want to cook this in advance – and the base does taste better after a day in the fridge – stop now, cool and chill. When reheating, bring it to just under the boil before you add the scallops.)

3 Add the scallops (and prawns or fish, if using) and cook gently for 5 mins (longer if you're using meaty chunks of fish fillet) or until cooked through. Add lime or lemon juice to taste and season well. Scatter with coriander and serve with rice.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 332 kcals • fat 21g • saturates 17g • carbs 14g • sugars 6g • fibre 2g • protein 21g • salt 1.5g



Scallops with chorizo & hazelnut picada

Picada is a Spanish mixture – including nuts, bread or crushed biscuits – that acts as a thickener and often a heightener of flavours, added at the end of cooking time (most often to sautés). Here it's just spooned on top of scallops before they're grilled. The mixture of scallop, smoky chorizo, hazelnuts, sherry and coriander is excellent. If you're using larger scallops, serve two per person – the cooking time will be a bit longer.

SERVES 4 **PREP 25 mins**

COOK 15 mins **MORE EFFORT** **🔪🔥**

12 queen scallops, cleaned (see Diana's intro for how), and 4 clean scallop shells
1 tbsp extra virgin olive oil, plus extra for drizzling
80g chorizo, cut into small chunks
squeeze of lemon juice
30g butter
For the picada
1 tbsp olive oil
40g rustic bread (such as

sourdough), cut into 1cm cubes
2 garlic cloves, sliced
15g skin-on hazelnuts
½ unwaxed lemon, zested and juiced
1 tbsp finely chopped coriander
¼ tsp sherry vinegar
1 tbsp amontillado sherry

1 To make the picada, put ½ tbsp oil in a small frying pan over a medium heat. After a few mins, drop a piece of the bread in – if it sizzles, reduce the heat a little and add all the bread in a single layer. Fry, turning frequently, until the bread is pale gold, then spread it out on kitchen paper to cool. Add the remaining oil to the pan, fry the garlic until golden and add to the bread.

2 Toast the nuts until fragrant (they should smell toasted), then rub in a tea towel while still warm to remove the skins. Blitz the bread and garlic with the nuts, lemon zest and coriander in a food processor using the pulse button (you want a coarse mix). Mix in the vinegar, sherry and salt, and add lemon juice to taste.

3 Look at the scallops to find a little white bit at the side – this becomes

tough when cooked, so cut it off. Pat the scallops dry with kitchen paper (they don't colour well if you fry them when they're wet) and brush with extra virgin olive oil.

4 Fry the chorizo in a little oil in a small frying pan until well coloured all over with a slight crust.

5 Meanwhile, heat another pan until searing hot, add a small glug of oil, then the scallops. Season and cook for about 30 secs each side – you want just a little colour. Divide the scallops between the four shells, add the chorizo and top with the hazelnut mixture and a knob of butter. Put under a hot grill until cooked through (mine took about 90 secs). Squeeze on a little more lemon juice and serve immediately.

PER SERVING 275 kcals • fat 21g • saturates 7g • carbs 8g • sugars 1g • fibre 1g • protein 12g • salt 1.4g



Tech is destroying the joy of food

Yes, food apps are useful, but we've lost the art of shopping and dining face to face, says *Joanna Blythman*.



Like many people, I spend more time in front of a computer than is good for me. It's inevitable in my line of work, but my smartphone habit is even more of a problem. I can easily justify why I need to have it by me: my work is unpredictable, and people expect a swift reply these days. Yet, if I'm honest, I check my social media accounts and emails more frequently than I need to. Recently, when I read an article by a woman who had deleted all the social media apps from her phone because 'they were turning me into an idiot', I smugly thought, 'Well, I'm not *that* bad – yet'. But her reference to the 'Pavlovian thrill of the little red circles of notifications' did strike a guilty chord.

Happily, when it comes to food, my habits are still resolutely old-school. When I'm searching for inspiration about what to cook, I'll flick through my books and magazines rather than searching apps or online. I don't

'I favour sitting down at a table and being mindful about what's on your plate'

trust the quality control of these media. I approach food shopping the same way. These days, by ordering online, it's perfectly possible to stock up your larder and fridge without ever going outside, but I'm one of those people who actively enjoys the physical process of food shopping. [I get a buzz from selecting fresh food, and thrive on the banter you get at markets and in independent shops.](#) I can't build up a relationship with a website, but I can strike up a rapport with the real butcher, deli owner or fishmonger behind the counter.

Surprisingly few people I know order online from supermarkets. They grumble about late deliveries, seas of half-filled plastic bags that separate different categories of food needlessly, and how they get into a habit of

re-ordering the same boring list of things because the website makes it so easy to do so. I just feel that if I bought food this way, I'd have no real sense of what's in season. And I resent websites that think they can read my mind, that irritating 'If you like this you'll like that' approach.

[When I book a restaurant, I don't use an app or make an online booking \(which will give the restaurant my email for marketing purposes\) – I'll pick up the phone.](#) How retro is that? The apparent convenience of ordering restaurant food to be delivered at home doesn't appeal. Call me old-fashioned, but I like to eat restaurant food in a restaurant and home-cooked food at home.

There's a plethora of technology these days to give us diet advice. Because I have never counted calories – it strikes me as a dated, narrowly mechanistic way to assess the nutritional quality of food – I don't need an app to do it for me. My food shopping is guided by one overarching principle: buy whole, natural ingredients and cook them from scratch at home. This down-to-earth wisdom matters more to me than a gizmo employing software whose logic I reject.

When we sit down to eat, my habit of a lifetime means that all TVs, phones and laptops are banished. I favour sitting down at a table and being mindful about what's on your plate. Communal eating is a daily opportunity to nurture and nourish everybody, a time made for communicating while liberated from the omnipresent distraction of a virtual world.

Technological surrogates are no substitute for the joy of food in all its aspects. There's so much life-enhancing experience to be had from food, and it's a pleasure best savoured unplugged.

Good Food contributing editor Joanna is an award-winning food journalist who has written on the subject for 25 years. She is also a regular contributor to BBC Radio 4. [@joannablythman](#)

5 LOW-TECH KITCHEN STARS

- Wooden chopping boards – much nicer to look at and use than plastic, and infinitely harder-wearing.
- Pestle and mortar – great for smashing up garlic (add some salt to stop it slipping), and lightly crushing spices such as coriander and cumin to make them more aromatic.
- Stiff vegetable brush – no need to peel off the nutritious skin on your organic carrots or silky-skinned new potatoes.
- Stove-top espresso maker – it's more compact, robust and cheaper than a fancy coffee machine.
- Stainless-steel manual pastry blender – great if you haven't got a food processor or expensive mixer.



Do you think modern technology enhances or disrupts your enjoyment of food? Let us know what you think [@bbcgoodfoodme](#) [#talkORtech](#)



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Courgette & caramelised red onion tart

Save the core of the courgette: you can freeze it to add to the base of a soup later. For an extra kick, top the tart with salami.

SERVES 4 **PREP 20 mins**
COOK 35 mins **EASY** **V**

plain flour, for dusting
375g block puff pastry
1 egg, beaten
50g butter
3 large red onions, thinly sliced

2 tbsp balsamic vinegar
1 large courgette, cut into long ribbons with a vegetable peeler
100g goat's cheese
mixed green salad, to serve

1 Heat oven to 200C/180C fan/gas 6. On a lightly floured surface, roll the pastry out to slightly smaller than an A4 rectangle. Slide onto a baking tray, brush with the beaten egg and cook for 20 mins or until golden.
2 Meanwhile, melt the butter in a frying pan over a medium heat. Once foaming, add the onions

with a pinch of salt. Cook, stirring regularly, for 10 mins until soft. Pour in the balsamic and cook for a further 6-8 mins until sticky and caramelised.

3 Spoon over the pastry, then top with the courgette ribbons and blobs of goat's cheese. Return to the oven for 15 mins until the cheese is bubbling. Serve with salad.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 613 kcals • fat 42g • saturates 23g •
carbs 41g • sugars 10g • fibre 6g • protein 14g • salt 1.4g

weeknight treat

crowd-pleaser



Tex-Mex eggs

Leaving the skin on the sweet potato adds texture and minimises waste. If you want to add meat, serve some thinly sliced steak on the side.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY** **V**

2 large sweet potatoes,
cut into chunks
1 lime, cut into wedges
1 tbsp vegetable oil
1 red onion, sliced
½ small pack coriander, stalks
chopped and leaves picked
1 tsp each smoked paprika and
ground cumin
400g can black beans, drained
and rinsed
4 eggs
1 avocado, sliced
handful cheese tortilla chips and
some hot sauce (optional), to serve

1 Put the sweet potato and ½ the lime wedges in a microwaveable bowl. Cover with cling film and cook on high for 7 mins until soft.

2 Meanwhile, heat the oil over a medium heat in a large frying pan, add the onion and cook for 5 mins. Stir in the coriander stalks and spices, cook for 1 min more, then tip in the black beans and add some seasoning. Gently stir in the sweet potato (you want some chunky pieces), then make four wells in

the mixture. Crack in the eggs, then cover and cook for about 8 mins until the whites are set and yolks runny.

3 Top with the avocado and coriander leaves, and serve with the remaining lime wedges. Crush over some tortilla chips and drizzle with hot sauce, if you like.

GOOD TO KNOW folate • fibre • vit c • iron •

4 of 5-a-day • gluten free

PER SERVING 753 kcals • fat 31g • saturates 6g •
carbs 81g • sugars 36g • fibre 25g • protein 26g • salt 1.3g



ready in
20 minutes

Asparagus, chilli & feta farfalle

Save the woody ends of the asparagus to flavour stock or as a base for soups. Fry diced chorizo along with the garlic and chilli, if you like.

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY V**

200g farfalle
2 tbsp olive oil, plus extra to serve
2 garlic cloves, finely chopped
1 red chilli, finely chopped
250g asparagus, woody ends trimmed, cut into small pieces
1 lemon, zested and juiced
handful basil leaves
30g pine nuts, toasted
50g feta, crumbled

1 Bring a large pan of salted water to the boil. Tip in the pasta and cook for 1 min less than pack instructions.
2 Meanwhile, heat the oil in a frying pan over a medium heat. Stir in the garlic, chilli and a pinch of salt, and fry for 1 min until fragrant. Add the asparagus and lemon zest, and cook for 4-5 mins until the asparagus is just tender.

3 Drain the pasta and tip into the asparagus pan. Add the lemon juice, stir through the basil, grind over some black pepper, then divide between bowls. Top with the pine nuts, feta and a drizzle of oil to serve.

GOOD TO KNOW folate • fibre • 1 of 5-a-day
PER SERVING 656 kcs • fat 28g • saturates 6g •
carbs 73g • sugars 4g • fibre 9g • protein 23g • salt 0.6g

Halloumi flatbreads

Mix any leftover slaw with a grain of your choice for a satisfying salad. Extra hungry? Fry some chicken with the halloumi.

SERVES 6 **PREP** 15 mins

COOK 25 mins **EASY** **V**

50g pumpkin seeds
2 tbsp cumin seeds
1 small red cabbage (about 650g),
core removed, shredded
2 mixed peppers, cut into strips
2 tbsp vinegar
2 tbsp extra virgin olive oil
6-8 flatbreads or wraps
2 x 250g blocks halloumi, each
cut into 12 strips
100g houmous
80g bag rocket

1 Toast the pumpkin seeds with the cumin seeds in a large frying pan until they begin to pop and smell fragrant, then transfer to a large bowl. Add the cabbage, peppers and vinegar, and season well. Mix thoroughly and set aside.

2 Heat oven to low and put the bread in to warm through. Using the pan you used to toast the seeds, fry the halloumi in batches for 3 mins each side until crispy and golden. Transfer to the oven to keep warm.

3 Spread a layer of houmous on each flatbread and top with a handful of slaw, halloumi and rocket to serve.

GOOD TO KNOW calcium • folate • fibre • vit c •
2 of 5-a-day

PER SERVING 693 kJ • fat 40g • saturates 16g •
carbs 47g • sugars 8g • fibre 8g • protein 32g •
salt 4.0g

family favourite





vegan

Satay noodle soup

Throw in some raw king prawns with the noodles for extra protein.

SERVES 1 **PREP** 10 mins

COOK 15 mins **EASY** **V**

1 tbsp soy sauce, plus extra to serve
2 tbsp peanut butter
1 small lime, zested and juiced
1 tbsp sesame oil, plus extra to serve
2 spring onions, sliced diagonally
1 red chilli, thinly sliced
1 garlic clove, crushed
25g creamed coconut
1 nest dried rice noodles
1 large carrot, cut into long ribbons with a vegetable peeler

1 Mix together the soy, peanut butter, lime zest and juice, then set aside. Heat the oil in a pan over a medium heat, add $\frac{1}{2}$ the spring onions, $\frac{1}{2}$ the chilli, the garlic and a pinch of salt, and cook for 3 mins.
2 Pour in 450ml water, bring to the boil, then crumble in the coconut. Stir to dissolve, then spoon in the peanut butter mixture. Mix well, drop in the noodles and $\frac{1}{2}$ the carrot ribbons, and cook for 5 mins. Season to taste, spoon into a bowl and top with the remaining spring onion, chilli and carrot ribbons. Drizzle over extra sesame oil or soy.

GOOD TO KNOW fibre • 1 of 5-a-day • vegan

PER SERVING 708 kcals • fat 41g • saturates 20g • carbs 60g • sugars 18g • fibre 12g • protein 18g • salt 2.4g

Spring tabbouleh

Save the parsley stalks for flavouring soups and the mint stalks to make tea. Leftovers will be good for lunch the next day; add leftover roast chicken to make it go further.

SERVES 4 **PREP** 20 mins

COOK 25 mins **EASY** **V**

6 tbsp olive oil
1 tbsp garam masala
2 x 400g cans chickpeas, drained and rinsed
250g pouch ready-cooked mixed grains
250g frozen peas
2 lemons, zested and juiced
large pack each parsley and mint, leaves roughly chopped
250g radishes, roughly chopped
1 cucumber, chopped
pomegranate seeds, to serve

1 Heat oven to 200C/180C fan/gas 6. Mix 4 tbsp oil with the garam masala and some seasoning. Toss with the chickpeas in a large roasting tin, then cook for 15 mins until starting to crisp. Tip in the mixed grains, peas and lemon zest. Mix well, then return to the oven for about 10 mins until warmed through.
2 Transfer to a large bowl or platter, then toss through the herbs, radishes, cucumber, remaining oil and lemon juice. Season to taste and scatter over the pomegranate seeds. Any leftovers will be good for lunch the next day.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 613 kcals • fat 22g • saturates 3g • carbs 74g • sugars 10g • fibre 16g • protein 20g • salt none



leftovers for lunch

Roasted broccoli, Puy lentils & tahini yogurt

Leave the stalk on the broccoli when roasting; it takes on a wonderfully nutty flavour. If you want to make it for more people, serve with lamb chops.

gluten free

SERVES 2 PREP 15 mins

COOK 35 mins EASY V

1 head of broccoli, cut in half
3 tbsp olive oil
2 tsp smoked paprika
250g pouch ready-cooked
Puy lentils
2 tbsp tahini
1 garlic clove, crushed
1 lemon, ½ zested and juiced,
and ½ cut into wedges to serve
100g Greek yogurt
small pack parsley, leaves roughly
chopped
30g almonds, roughly chopped

1 Heat oven to 200C/180C fan/gas 6. Put the halved broccoli, stalk-side down, on a baking tray. Mix the oil with the paprika and some seasoning, then rub all over the broccoli. Roast for 30 mins until tender and lightly charred. Tip the lentils around the broccoli, sprinkle over 2 tbsp water and cook for 5 mins more until warmed through.
2 Mix the tahini, garlic and lemon zest and juice with the yogurt. Season to taste and add a splash of water to make it a drizzling consistency. Remove the broccoli halves, add the parsley to the lentils and season. Divide between two plates, top each one with a broccoli half and a drizzle of tahini yogurt, then sprinkle over the almonds. Serve with lemon wedges for squeezing over.

GOOD TO KNOW calcium • folate • fibre • vit c • iron •
2 of 5-a-day • gluten free

PER SERVING 752 kcal • fat 43g • saturates 9g •
carbs 40g • sugars 11g • fibre 25g • protein 38g •
salt 1.4g



instant expert

Friday night Thai

Skip ordering a takeaway and make our easy recipes for your family or friends. Choose the simple version or use our shopping guide to dial up the flavour

recipes ELENA SILCOCK photographs STUART OVENDEN

We've used easy-to-find ingredients in all these recipes so anyone can make them. If you've got access to Thai ingredients, check out our suggestions on page 71 to make your dishes taste even more like the real deal. Have a look at the chilli guide on the same page before you start, then you can choose how much heat you want to add to each dish.

Thai red curry

Swap the ginger matchsticks for galangal, and brown sugar for palm sugar (see page 71), if you like. Thai basil will instantly give your curry an aromatic finish, but you can use basil or coriander if you can't find it. A good Thai curry should have a spot of oil on top, as this shows that the paste has been fried properly.

SERVES 4 PREP 15 mins

COOK 20 mins EASY

1 tbsp vegetable oil
1 tbsp ginger & garlic paste
5-6 tbsp red curry paste
(see Best buys, p71)
800ml coconut milk
8 skinless, boneless chicken thighs,
cut into large chunks
4 kaffir lime leaves (ideally fresh)

2 tbsp fish sauce
1 tsp brown sugar
½ small pack Thai basil (see p71),
basil or coriander, plus extra
to serve
1 red chilli, sliced diagonally
thumb-sized piece ginger,
cut into matchsticks
cooked jasmine rice (see Best buys,
p71), to serve

1 Heat the oil in a large saucepan over a medium heat and fry the ginger and garlic paste for 2 mins. Add the curry paste, sizzle for a few secs, then pour in the coconut milk. Bring to the boil, reduce to a simmer, stir a little and wait for the oil to rise to the surface. Add the chicken and lime leaves, and simmer for 12 mins or until the chicken is cooked through.

2 Add 1 tbsp of the fish sauce and a pinch of the sugar, then taste – if you like it a little saltier, add more fish sauce; if you like it sweeter, add a little more sugar. Bring to the boil, take off the heat and add the basil.

3 Spoon the curry into four bowls and top with the chilli, ginger and a few extra basil leaves. Serve with rice.

GOOD TO KNOW gluten free

PER SERVING 425 kcs • fat 32g • saturates 17g •
carbs 8g • sugars 4g • fibre 2g • protein 27g • salt 2.4g



Crying tiger salad,
p70

Thai red curry

Spicy prawn
noodle salad, p70



Crying tiger salad

The toasted rice in the dipping sauce is optional, but it will lend a true Thai flavor and texture to the dish – simply brown 2 tsp uncooked risotto rice in a pan, cool and then grind to a powder. Add 1 tbsp palm sugar or soft brown sugar to the marinade if you prefer a sweeter flavour.

There are several stories behind the name of this dish – the most popular is that the sauce should be spicy enough to induce tears in your dinner guests. If you want to achieve this result, add a few more chillies to the sauce!

SERVES 4 as part of a meal
PREP 20 mins plus marinating
COOK 5 mins **EASY**

small pack coriander, leaves and stalks separated
1 tsp oyster sauce or fish sauce
1 tsp soy sauce
1 tbsp olive oil
250g beef fillet steak
large handful mixed, soft herbs (we used mint, coriander and Thai basil), to serve

For the dipping sauce

2 limes, juiced
½ onion, finely chopped
2 tbsp fish sauce
1 tsp sweet chilli sauce
1 red chilli, finely chopped
1 tbsp toasted rice powder (optional)

1 Finely chop the coriander stalks and combine with the oyster and soy sauces. Lightly season, then tip into a sandwich bag with the steak. Massage the marinade into the meat, then put in the fridge for up to 3 hrs, but at least 1 hr.
2 Put the dipping sauce ingredients in a bowl, finely chop ¾ of the coriander leaves and add them too. Taste the sauce – if you like it sweeter, add a little more sweet chilli sauce; if you prefer it more salty, add a little extra fish sauce. Set aside.
3 Heat a frying pan over a high heat and, once very hot, cook the steak for 2-3 mins each side, depending on how well done you like it. Rest the steak for 5-10 mins before slicing and serving on a bed of herbs, with the sauce on the side.

PER SERVING 127 kcal • fat 6g • saturates 2g • carbs 3g • sugars 2g • fibre 1g • protein 14g • salt 1.9g

Spicy prawn noodle salad

If you can find them, glass noodles have a lovely springy texture. Swap half the lime juice for tamarind paste to add a sweet-sour edge to the dressing. Limes in Thailand have a sweeter flavour than the ones we buy here. Dried shrimps (see opposite) are often added to noodle dishes, so if you have some, add them here when you cook the prawns to add texture and an umami kick.

SERVES 4 **PREP** 15 mins
COOK 5 mins **EASY**

200g dried glass noodles (available from thai-food-online.co.uk) or rice vermicelli
1 tbsp vegetable oil
3 spring onions, sliced
2 lemongrass stalks, sliced
300g raw jumbo king prawns
small handful each mint, coriander and Thai basil (leaves only)
½ cucumber, cut into matchsticks

For the dressing

1 red bird's-eye chilli, roughly chopped
2 garlic cloves
2 limes, juiced
2 tbsp fish sauce
1 tsp soft brown sugar or palm sugar

1 Cook the noodles following pack instructions. Drain, rinse with cold water and set aside.
2 Heat the oil in a frying pan over a medium heat and cook the spring onions and lemongrass for 2 mins or until softened. Add the prawns and cook for 3 mins or until they have turned pink. Tip everything into a large bowl and allow to cool while you make the dressing.
3 Put all the dressing ingredients in a mini chopper and blitz until very finely chopped. Taste and add a little more sugar (to sweeten) and fish sauce (to make saltier), if you like. Tip the noodles into the bowl with the prawns, then add the rest of the ingredients and dressing, and toss really well before serving.

GOOD TO KNOW low fat • low cal • 1 of 5-a-day • gluten free
PER SERVING 260 kcal • fat 1g • saturates none • carbs 42g • sugars 2g • fibre 3g • protein 19g • salt 1.9g

STEP UP YOUR GAME

These ingredients are worth hunting down online or at an oriental supermarket, to guarantee that true Thai flavour.

Dried shrimp

These provide both texture and flavour to dishes – they need to be soaked before you use them.

Galangal root

Galangal has a sharper, more citrusy flavour than ginger, which will really transform Thai dishes made at home.

Thai basil

With a sweet basil flavour and a hint of aniseed, this herb will also give your dishes a classic Thai aroma. Grow a pot on the windowsill if you cook Thai often.

Palm sugar

Made from the sap of coconut trees, this sugar has a signature caramel flavour, which works with the salty, spicy and umami elements of Thai cooking to perfectly balance the seasoning.

BEST BUYS

Tilda fragrant jasmine rice

Easy to cook, and provides the perfect fragrant side to any Thai curry.

Thai Taste red curry paste

Even Thai cooks buy ready-made pastes. We like this brand, available in many supermarkets. Lots of pastes are vegetarian now, so add fish sauce for a fuller flavour.

Thai Taste coconut milk

Coconut milk varies in quality, but these 200ml pouches are nice and creamy.

Por Kwan tamarind paste

Tamarind paste has both a sweet and sour taste, which is part of the Thai sweet-sour-salty-spicy flavour mix.

TOP TIPS

Chillies

You can buy all sorts of chillies quite easily, but the pack won't necessarily tell you how hot they are. Look for short, slim bird's-eye chillies (above left) – they are very hot and add the perfect kick to balance the elements of seasoning in Thai dishes.

If you buy a mixed pack and they look like those pictured above right, choose the one in the centre.



Trending inside the kitchen

The kitchen appliances and gadgets that everyone is loving this year

BOSCH GAS COOKTOP WITH FLAMESELECT



Until now, power levels on mechanical gas cooktops could only be approximations: when you turned the knob, the flame initially shot up to a high intensity, remained at that high level with little possibility of adjustment, and then dropped down just as abruptly. To determine

what level and heat a particular setting represented – low, medium, high – cooks had to keep looking at the flame. Bosch's patented step valve now makes this bothersome maneuver unnecessary. Instead of one valve, FlameSelect comprises nine valves of different sizes, each of which corresponds to one of nine power levels clearly identified on the rotary knob. The current power level is indicated by the 7-segment display. FlameSelect thus combines the benefits of a gas cooktop with the simple and intuitive operation of an electric cooktop. The ability to make fine adjustments not only affects your comfort level but also the results. Available from Bosch Homewide Showroom on Sheikh Zayed Road. Call 04-3928784.



BALZANO SHAWARMA MAKER, DHS233

This ingenious cooking tool from Balzano acts as a 3-in 1 shawarma maker, grill, and rotisserie. It cooks food by circulating hot air around it. The hot air crisps and sears the exterior of the food which locks in flavours and juices while keeping the interior tender. The Balzano Shawarma Maker comes with a basket for cooking fish, six kebab skewers, and a food tray. Available from citrusstv.com.



BABYCAKES CAKE POP MAKER, DHS110

Do you have a sweet tooth? Make tasty bakery-style treats from home with the BabyCakes Pop Cake Maker. It can bake up to 12 cake pops or doughnut holes at a time and features convenient 'power' and 'ready' lights. This cake maker also comes with a cooling rack/decorating stand, 50 paper sticks and a recipe/instruction booklet that is loaded with baking hints and suggestions. Available from souq.ae.



NOSTALGIA RETRO HOT DOG TOASTER, DHS80

Love hot dogs? Well, these funky little gadgets are making their way into kitchens worldwide. Ideal especially during the summer months while the kids are off school and constantly hungry, the toasters cook two regular-size or extra-plump hot dogs at a time, as well as two buns. Available from amazon.com.

TOUCH2OPEN AND SOFTOPEN TECHNOLOGY WITH MIELE ARTLINE, VARIOUS PRICES



Handleless built-in cooking appliances in the new modern graphite gray colour are this year's must-have. Completely removing handles from all appliances, the line allows you to simply knock or touch to open the product. The range features everything from built-in steam combination ovens, gourmet warming drawers, built-in dishwashers and vacuum sealing drawers, plus more. Not only does this line look visually admirable, but it's easy to clean and prevents the build-up of nasty bacteria in the kitchen. Available from the Miele Gallery on Sheikh Zayed Road. Call 800 (MIELE) 64353.

LAKELAND FOLD-OUT GRILL, DHS460

Unlike most places in the world, summer takes us indoors in the Middle East. With this fold-out grill, enjoy griddled sunshine food even when it's too hot outdoors. The top grill plate has five adjustable height settings and its design means that the non-stick plates stay perfectly aligned to ensure even cooking results without squashing the food inside. With special fold-out feet to angle the plates so fat can drain away, and a built-in drip tray to collect it, it's perfect for healthier grilling. Ideal for cooking meat, fish, veg, or toasting sandwiches, there's also the option to fold the top

plate out flat so you can double your cooking surface. A simple dial allows you to easily select your temperature from 90 to 230C and there's an indicator light to let you know when it's ready to cook. It comes with a cleaning tool and, when you're done, the plates, drip tray and cleaning tool can all go in the dishwasher.

Available from Lakeland stores across the UAE.

PANASONIC MEAT GRINDER MK-ZJ3500, DHS999



For all meat lovers, this is the answer to mincing faster and healthier. For household and semi commercial use this meat grinder can be used for the preparation of large quantity of meat for family or a huge gathering. The interchangeable cutting

plates lets you cut meat in three different varieties- coarse, medium and fine and with the special attachments like the sausage and kubbe, you can experiment with a lot of meat dishes. Grinding your own meat also allows you to be in full control on what exactly is in your minced meat. The MK-ZJ3500 is available at Al- Futtaim Panatech showroom in the UAE. Call 04-2719670.

ARSHIA 20-IN-1 MULTI AIR FRYER, DHS581

Air fryers are the latest innovation in kitchen cooking gadgets that allow you to enjoy the delicious taste of fried foods without all of the harmful oil that goes with it. Arshia takes air fryers one step further with their advanced Rapid Air Technology that allows you to fry, bake, grill, steam, and roast all types of food in a few minutes. The versatile appliance cooks by circulating superheated air at high speed around food, resulting in healthy cooking without the need for excessive amounts of oil. All in one, it performs the same functions as a toaster, rotisserie, barbecue, food dehydrator, convection oven, deep fryer, grill, and steam cooker. Available from citrusstv.com.



KENWOOD PUREJUICE RANGE, FROM DHS1,099 – DHS1,299

The PureJuice range is Kenwood's new Slow Press Juicer, which is an effortless way to engage in a healthier lifestyle through consuming 100% natural juice. By slowly crushing ingredients the PureJuice can extract up to 84% of juice and retains maximum taste, colour and nutrition. Available from kenwoodworld.com.

BRAUN MULTIQUICK 7 RANGE, FROM DHS356



Built in a unique shape with ultra-hard stainless steel, Braun hand blenders can cut through all types of ingredients, giving you the desired result in no time and ensuring that there is no stress in the kitchen come time to prepare a meal. The MultiQuick 7 range contains a first in hand blender technology:

Smart Speed - the more you squeeze, the more power you get. This range includes a MultiQuick 7 blender for the following: soup, omelette, sauce, aperitive, patisserie, patisserie plus and gourmet. *Available from braunhousehold.com.*

MULTIFRY MULTICOOKER EXTRA CHEF PLUS, DHS1,299



De'Longhi has released a new revolutionary cooking appliance as part of the Multifry Multicooker family: the Multifry Multicooker Extra Chef Plus. The new model comes with an extra cooking function, the grill, and three extra cooking accessories: a bowl without paddle for static cooking, a bowl with

paddle for stirring food while cooking and a stainless-steel grill. De'Longhi Multifry Multicooker – whose range now includes five different models – is the ideal kitchen helper that allows you to cook, fry, grill and bake without any of the hassle. The Multifry is equipped with an automatic mixing paddle: so you can do something else while the machine cooks and gently mixes for you. The automatic motion of the paddle gently mixes food and permits to cook a varied combination of ingredients without any need to manually stir food. This is ideal to prepare stews, risottos, sauces, ragouts, couscous and ratatouille. You can also remove the mixing paddle and opt for static cooking to prepare meat and fish fillets or bake pizzas, cakes, quiches. *Available from delonghi.com.*



CUCINAPRO IMPERIA & TITANIA PASTA MACHINES, FROM DHS250

If you're looking for authenticity in your Italian home cooking, these pasta machines are what you'll find in most Italian kitchens. There's two models to choose from, including the basic version that just rolls out flat sheets ideal for lasagna, plus the Titania model which has a spaghetti and fettuccine attachment integrated into the machine itself. *Available from amazon.com.*



CUISINART ICE CREAM DE LUXE ICE CREAM MAKER, DHS540

Cuisinart's machine is small in stature but big on features, capable of producing two litres of home-made ice cream, sorbet or healthy-option frozen yogurt in less than half an hour. Just freeze the bowl overnight and the next day you can make enough scrumptious dessert to keep the whole family happy. Fully automatic, you just switch it on, and you can add ingredients such as fresh fruit or chocolate chips while it's in motion. With detachable mixing paddle, lid and freezer bowl for easy cleaning. *Available from Lakeland stores across the UAE.*



BALZANO SAMBOUSAK MAKER, DHS174

The Balzano 2-in 1 Sambousa Maker offers the ideal healthy snack, allowing you to prepare 15 pieces of sambousa in just seven minutes. This product comes with a detachable grill plate with non-stick coating and a ready light indicator, so you can get creative and think of more healthy snacks to make – no oil needed. *Available from citrusstv.com.*



KENWOOD SLOW COOKER, AVAILABLE FROM GEANT SUPERMARKETS AND GEANTONLINE.AE, PRICED AT DHS209

SLOW COOKERS As you've probably noticed through our massive collection of slow cooker recipes on bbcgoodfoodme.com, we love slow cookers. Reason being, they use much less electricity than a traditional oven. They also allow you to purchase cheaper cuts of meat too, because of the slow cooking that becomes lovely and tender after a full day of cooking on a low temperature. They're also rather inexpensive to purchase. Win, win situation...

NESPRESSO PIXIE COFFEE MACHINE, AVAILABLE AT NESPRESSO BRANCHES ACROSS THE UAE, PRICED AT DHS825

COFFEE MACHINE If you're a two-cups of coffee a day kind of person who stops off at a chain coffee shop each morning en route to the office, it's definitely worth investing in a coffee machine. For the amount you spend on fancy coffees in a month alone, you can purchase a coffee machine (believe it or not, they're not all expensive). On a nice note, you're also doing the environment a favour by ditching the endless throw-away coffee cups, and opting to carry an on-the-go coffee flask.



NUTRIBULLET, AVAILABLE AT ALL MAJOR SUPERMARKETS, PRICED AT DHS299

BLENDER A good blender is a good investment. Allowing you to make everything from smoothies and soups the sauces and pastes, a blender ceases the need to buy store-bought canned and jarred goods, and make them fresh from home (making them healthier and more nutritious too!). With a blender you can bulk make too, so that you can pack up a few tubs to freeze until needed.



PANASONIC BREAD MAKER, AVAILABLE FROM LAKE LAND, PRICED AT DHS1,050

BREADMAKER Putting the gorgeous smell that home-made bread creates throughout the house aside, a breadmaker takes away the need to make bread by hand, or pop out to the shop to buy fresh (and pay more), ultimately saving you a lot of time and money in the long run. It's a great way of avoiding waste too, as you can make as and when it's needed.



Must-have money-saving gadgets

While there are many appliances out there designed to make kitchen life easier, not all of them necessarily make opening the bank balance easier. Here, we round-up a few of our favourite thrifty gadgets, that not only save you time, but also money!



RUSSELL HOBBS DESIRE MINI CHOPPER, AVAILABLE AT SOUQ.COM, PRICED AT DHS175

MINI FOOD CHOPPER This thrifty gadget allows you to whizz up bread crumbs to freeze when you have leftover bread, grind your own spices (much cheaper than store-bought), and is also great for pastes. It's common for a spoonful or two to be taken out of store-bought paste jars, then left in the back of the fridge for months to come. A mini food chopper lets you make as and when you need, and to the right quantity, to minimise waste.



A Fujairah family getaway

We take an exciting, mountainous road trip to the newly opened Fairmont Fujairah Beach Resort, to discover rich Arabic heritage and local culinary delights on offer. **By Sophie McCarrick**

Where:

**FAIRMONT FUJAIRAH
BEACH RESORT,
FUJAIRAH, UAE**

What's it like:

Nestled amidst picture-perfect views in the Al Hajar Mountains, Fairmont Fujairah Beach Resort is an oasis of relaxation along Dibba's coast. Despite being in Fujairah's second largest town, you'd never know. The scene here is serene, peaceful and inviting – and all rather exciting as you approach the hotel through gorgeously rugged, mountainous terrain.

This area of the UAE remains very much a hidden gem, and gives off a



tranquil ‘escape to the seaside’ sort of feel – a great getaway location to visit with (or without) kids during the summer holidays, or for a weekend staycation year-round.

Inside the art-inspired resort, interiors offer a striking balance between art-deco and bohemian with tasteful Arabesque touches. Having just opened in January this year, the property exudes a squeaky-clean feel that’s so enjoyable to explore.

With 180 rooms and suites to choose from offering marina and Gulf of Oman views, accommodation here is spacious and comfortable. There are also interlinking rooms for those travelling as a family.

Once checked in, a trip to as Fairmont’s signature Willow Stream Spa is a must for those looking to unwind, while the kids’ club is situated nearby offers child-friendly entertainment to keep the little ones busy. If you’re looking for some activity, the resort has a host of recreational options to choose from, including hiking, water sports, aquatic adventures and spiritual classes such as sunrise yoga on the helipad. **What’s to eat?** Led by friendly executive chef Giovanni Pugliano, there’s five F&B outlets to enjoy here – each boasting its own, unique menu and speciality.

Start the day at Canvas, the property’s all-day dining restaurant that serves a

range of cuisines, but predominantly well-executed flavours from across the Middle East’s different regions from live cooking stations. We’d also recommend opting for in-room dining for breakfast one morning – it’s one of the best we’ve tried! Fresh, flavoursome fruit platters, perfectly runny, sunny side-up eggs, grilled beef bacon and sausages, fluffy pancakes, hot coffee – you name it, they’ve mastered it.

For lunch, head to Café Pronto, where you’ll find a range of ready-to-eat bites at the bakery counter, or a generous a la carte selection including light salads, to hearty mains of grilled salmon or steak.

If you’re feeling a little peckish before dinner time, the gallery-led tea salon,



Arteasan, serves afternoon tea in a relaxed atmosphere. With a selection of calming teas and indulgent pastries and cakes to treat yourself to, this is a spot to take things down a notch and enjoy a moment of bliss.

At dinner, the hotel's signature restaurant "The Copper Lobster", is inspired by the regionally caught lobster – the Omani rock lobster, which has a hard, coppery-glow like shell. There's a daily fresh-catch menu available here, that brings focus to preparing local seafood in creative ways, such as

lobster mac n' cheese, or the Fujairah harra claypot served with tender lobster medallions (recipe to the right). Here you'll also be able to enjoy innovative, creative cocktails, paired perfectly to match your dish of choice.

Another option, inspired by the Arabic word for water is IAMMAI (pronounced ya-mai), is ideal for post-summer once the weather has cooled. This idyllic, al fresco venue sits pool-side and provides panoramic views of the ocean in front, and is open for light snacks throughout the day around the pool, or for dinner and shisha from sunset onwards.

Local attractions: If you're looking for a bit of adventure during your stay, the area surrounding Fairmont Fujairah Beach Resort is full of historical and archeological excitement. From castles, forts, and watchtowers, to one of the oldest mosques in the UAE, there's a lot of cultural enlightenment to be had.

Each week, the Masafi Friday Market is popular with locals and tourists alike, and is where you'll find farmers selling the best in local fruit and vegetables, and vendors showcasing traditional art and crafts for purchase at fantastic prices.

If you enjoy the water, Fujairah's coast provides some of the best diving spots available in the UAE. Abundant with natural coral reefs and tropical fish, snorkeling and diving is a must-try.

Located in the foothills of the Al Hajar Mountains outside Fujairah city, the Ain Al-Madhab Hot Springs are a popular retreat, where warm sulphuric water is produced and pumped into two swimming pools. These mineral springs are a popular family-friendly place. Separate bathing areas for males and females are available.

Bottom line: All in all, it's safe to say that there is a lot to keep the taste buds happy, and your group entertained at Fairmont Fujairah Beach Resort. And, at just a 90 minutes' drive from Dubai, it's an idyllic staycation spot just waiting to be visited. We're told there's quite a number of Dubai residents that have weekend homes located on neighbouring cliffs from the resort – and we leave completely understanding why. It's truly a charming seaside escape to be enjoyed by the whole family.

Get in touch: For more information or to make a reservation, please call + 971-92041111, e-mail fujairah@fairmont.com, or visit fairmont.com/Fujairah.



A TASTE OF FUJAIRAH

Fujairah clay pot harra lobster

Try Fairmont Fujairah Beach Resort's signature dish at home – or, head to *The Copper Lobster* to have it made for you! Inspired by the region's rustic pottery pots, the Fujairah clay pot harra lobster marries local flavours and Fujairah's heritage with a decadent Omani lobster and spiced tomato sauce.

Ingredients (4 servings)

1tbsp cumin seeds
100ml pure ghee
3 bay leaves
3 pieces dry lemon
50g red chilli (medium spice)
15g green chilli
1kg Omani lobster
35g fresh coriander
600g bell peppers
70g tomato paste

150g white onion
360g fresh tomato
4 pieces brown Arabic bread khaboos
1 fresh lime, seedless
200g Basmati rice
50 fresh Za'atar
20g garlic
40g butter
Fish stock

1 Clean the lobster by removing the shell and the vein, cutting the lobster into half-length pieces, and running it under cold water. Marinate the lobster with salt, freshly-cracked black pepper and lime juice. Set aside.

2 Heat the ghee in a Fujairah clay pot. Temper with cumin seeds, chopped garlic and chilli. Add in your spices, including bay leaves and dry lemon. Cook for 3 min over high heat until the flavours are married, and the cumin turns golden brown in colour.

Add in tomato paste, and cook for another 2 minutes, mixing continuously. Add onion and cook until softened. Add remaining vegetables and $\frac{1}{2}$ seafood stock. Cook for at least 25 minutes on low heat, until all the vegetables soften.

3 Add your prepared lobster chunks in the vegetable spice mix and add 15 grams of hard butter. Sprinkle chopped coriander, line the Fujairah clay pot with Arabic bread and cook in the oven until the bread is crispy.

4 Soak the basmati rice in water for $\frac{1}{2}$ hour, and add in the butter, chopped garlic, and fresh Za'atar leaves. Sauté the basmati rice for 4 minutes and add in the seafood stock. Taste for seasoning, cover with aluminium foil and cook for 15 minutes until the rice is cooked and the water is absorbed.

5 Serve hot in the Fujairah clay pot with Za'atar pilaf, garnished with chopped Za'atar and a lime wedge.

how to eat in

Hong Kong

Food is cheap, plentiful and wonderfully varied – no wonder most locals eat out at least four times a week. Want to find the best noodles, hairy crab, bao buns and more? Read on...

words FIONA BECKETT





Victoria Harbour



Char siu



Pineapple bun

One of the world's great gastronomic cities, Hong Kong draws chefs and gourmets from across the globe. From top French restaurants to Cantonese fine dining, there's nothing you can't eat here – including, most notoriously, snake, and shark's fin soup. People tend to dine out as working hours are long, locals' flats are small, and restaurants are cheap. 'We eat out a lot, especially compared to the UK,' says local blogger Chris Dwyer (*finefooddude.com*). 'Prices are reasonable, especially at many Chinese and Asian restaurants – certainly cheaper than trying to cook the same thing at home. There's a real culture of dining out, while the number of new restaurant openings can be mind-boggling.'

3 must-eats

Food and cocktail pairing

Cocktails are hugely popular with Hong Kongers who love to experiment at events like the annual Wine & Dine festival (*discoverhongkong.com*; 26-29 October 2017), which last year featured such pairings as miso marinated pork and a karasi sour cocktail. Restaurant VEA (*vea.hk*) offers a menu paired with inventive cocktails such as a consommé of shiitake mushrooms laced with whisky.

Vegetables

'Hong Kong is seeing a boom in veggie food,' says Australian chef Shane Osborne and according to chef Randy See of Le Port Parfumé, expensive caviar and white truffles no longer excite wealthy locals, who are more

interested in the provenance of simple vegetables. And the quirkiest vegetable trend of all? Cindy Kuan of the Chinese Culinary Institute says it's purple sweet potatoes, which appear in a huge range of snacks, including toast, cakes, sandwiches and ice cream. Our suggestion for veggie eats? Sustainable eating hub Sohofama (*sohofama.com*).

Snacks

Blogger Janice Leung Hayes (*e-tingfood.com*) urges you to seek out modern twists on old-school snacks or street food, such as eggettes (a local style of waffle). You can also find upscale versions of staples like beef noodles and wontons, such as beef noodles in a lobster bisque-like soup.

5 foodie travel tips

How to shop

'Locals shop at both "wet" fresh food markets (gai see), and supermarkets,' says Janice Leung Hayes. 'The older generation usually shop daily – a hangover from when home refrigeration wasn't the norm. Every district has at least one wet market run by the government, so you're never too far from one.'

What to eat and when

'To eat like a local at lunch, visit a noodle house,' says Michael Larkin, restaurant manager at fashionable Korean restaurant Jinjuu. 'They're not pretty, but they are cheap as chips, and the flavours are so unexpected. Find a place that has a queue going around the corner and without a Westerner in sight – you'll have struck gold. Tsim Chai Kee, on 98 Wellington, is a personal favourite.'

'Hong Kong has some of the world's best restaurants, but if you really want eat like a local, you have to hit the night markets of Tsim Sha Tsui and Mong Kok,' says Michael. 'The choices are endless and cheap.'

Eating etiquette

'Loudly slurping your ramen broth or noodle soup is not rude, but in fact a sign you appreciate it,' says Chris Dwyer. 'Leaving your chopsticks embedded in rice is a no-no, associated with funerals. Also, be very mindful of not confusing serving and personal eating chopsticks at group dinners – no one

likes a double dipper!'

Chinese people love sharing a meal. 'For a family gathering, seniors are normally asked to start first as a sign of respect to the elderly,' says Cindy Kuan. 'If there are guests around the table, they will be invited to get their food first when a dish is being presented. However, guests should still wait until the host gives the signal to start.'

How to find a good place to eat

'Look for crowds and queues. Hongkongers love a queue,' says Janice Leung Hayes, whose blog is also a good source of recommendations. 'If there's a good or new noodle shop, they'll queue for over an hour,' says Carrie Poonki, who runs Hong Kong Foodie tours (*hongkongfoodie tours.com*). 'Also, OpenRice is a useful food-finding local app to download.'

How to order

'Ordering a meal is usually quite easy as most places have menus in Chinese and English, but don't expect any help from the staff. If you're going really local, there will be no pictures, no translation, nothing. So, go green, and order a vegetable dish like sou chui to share,' says Michael Larkin. 'Try to spot a dish that looks appealing on someone else's table, and say "Nigo", meaning "this".' Chris Dwyer says Google's Translate app scans any photos so works well for menus.

10 things to eat and drink

Yuanyang tea

Hong Kong-style milky tea mixed with instant coffee. A riff on Hong Kong milk tea this is THE essential drink at cha chaan tengs (Hong Kong-style cafés).

Pineapple bun

Not actually very pineappley, but a soft pillowy sweet bread roll topped with a crunchy sugary top. The kind of portable breakfast Hongkongers take to the office.

Char siu

Cantonese-style barbecued pork, marinated in five spice, rose liqueur, soy bean paste and glazed with honey or syrup: ubiquitous and essential to any Hongkonger's diet.

Hairy crab

Only in season for a few weeks but this seasonal Hong Kong delicacy appears on menus all over town between late October and the end of November where the tiny crabs fetch about Dhs140. With their rich colour and egg-yolk consistency, they can be stirred into fresh pasta just like a sauce, or used to make a bouillabaisse-type fish sauce.

Salt marinated chicken

A great way of cooking chicken, brined with a fabulously crisp papery skin of the kind you more often find on duck, and suckling pig, like at culinary and arts spot, Duddells (duddells.co).

Cheung fun

Slightly slithery rice rolls served with a punchy sauce made with soy sauce, peanut butter, hoisin and chilli sauce – try them at locals favourite, Hop Yik Tai Cheung Fun in Sham Shui Po.

Noodles

Egg noodles with shrimp roe. Eat them at the Lau Sum Kee noodle shop in Sham Shui Po.



Hairy crab



Cheung fun



Snake soup

If you're brave enough, snakes are said to boost the circulation and are eaten as a warming food during winter. One of many ingredients that are considered medicinal by the locals. Try it at Shia Wong Hip in Sham Sui Po.

Hot pot

After a long day at work, find a local hot pot restaurant around Causeway Bay if on the Island, while Mong Kok and Prince Edward are the places to go on Kowloon side. Try to order as many different types of food on the menu, cook everything yourself, and wash it all down with Blue Girl beers and Soju. It's the proper local way to do it.

Bao buns

The pan-Asian bao bun craze has hit Hong Kong, too. Go to Little Bao (www.little-bao.com), for inventive fillings such as Szechuan fried chicken bao and fish tempura.



Hot pot



Bao buns

Where to stay

• A training hotel for the hospitality industry, T Hotel is an unconventional choice. A bona fide tourist address nonetheless, the luxury accommodation and panoramic views massively over-deliver for the price. Situated 20 minutes from the centre of Hong Kong, it's much quieter (and taxis are cheap). Dhs450 a night (thotel.edu.hk).

Getting there

• Emirates and Etihad both operate direct flights to Hong Kong from Dubai and Abu Dhabi.
• Accommodation for this trip was provided by the Hong Kong Tourism Board (discoverhongkong.com).

Make steamed bao buns

Jeremy Pang, chef and cook school teacher, shows how to make these pillowy steamed buns, plus a sticky BBQ pork and pickle to serve with them



Steamed bao buns

MAKES 18 buns (easily halved) **PREP** 40 mins plus 3 hrs 30 mins rising and proving
COOK 24 mins **MORE CHALLENGE**

525g/1lb 3oz plain flour, plus extra for dusting
1½ tbsp caster sugar, plus a pinch
1 tsp dried fast-action yeast
50ml/2fl oz milk
1 tbsp sunflower oil, plus extra for greasing and brushing
1 tbsp rice vinegar
1 tsp baking powder

GOOD TO KNOW low fat • freezable
PER BUN energy 119 kcals • fat 1g • saturates none
• carbs 23g • sugars 2g • fibre 1g • protein 3g • salt 0.2g

Pickled carrot & mooli

MAKES 1 jar **PREP** 15 mins plus at least 1 hr pickling **NO COOK EASY**

½ mooli (about 225g/8oz), peeled and cut into matchsticks
1 carrot, cut into matchsticks
3 tbsp rice vinegar
3 tbsp caster sugar

1 Pack the mooli and carrot into a jar or small bowl. Mix together 250ml warm water and the vinegar, sugar and 2 tbsp sea salt until the sugar and salt have dissolved.

2 Pour the mixture over the mooli and carrot. Pop on the jar lid or cover the bowl with cling film and leave for at least 1 hr or up to 3 days. Will keep for 1 week in the fridge.

GOOD TO KNOW low fat • gluten free
PER SERVING energy 12 kcals • fat none • saturates none
• carbs 3g • sugars 2g • fibre none • protein none • salt 0.8g



Great for a crowd, especially at a summer BBQ gathering

Jeremy's tips

- The dough can easily be made in a mixer with a dough hook up to the end of step 3. However, at the school I like my students to first make it by hand, so that they get a feel for making bread.
- The buns can be steamed, then frozen. Once defrosted, simply reheat in a steamer.
- Just like 2 slices of bread, these buns can be filled with whatever takes your fancy. Crispy duck, crab and smoked chicken are a few of my favourite alternatives to sticky pork.



Char siu (BBQ pork)

MAKES enough for 18 buns (easily halved) **PREP** 15 mins plus overnight marinating **COOK** 4 hrs 30 mins
LITTLE EFFORT

700g/1lb 9oz rindless pork belly

FOR THE MARINADE

4 fat garlic cloves, finely chopped
thumb-sized piece ginger, peeled and finely chopped

4 tbsp tomato ketchup
4 tbsp hoisin sauce
4 tbsp golden caster sugar
2 tbsp dark soy sauce
2 tbsp rice vinegar
2 tbsp sunflower oil

TO SERVE

Pickled carrot & mooli, see recipe page 83

4-5 spring onions, thinly sliced on the diagonal

6 tbsp wasabi mayonnaise (or 6 tbsp mayo mixed with 1 tsp wasabi paste)

1 Put the pork in a roasting tin, tip over all the marinade ingredients and massage it in with your fingers (or use a spoon) to coat the pork. Cover and chill overnight.

2 Heat oven to 160C/140C fan/gas 3. Cover the tin with foil and cook the pork for 3½ hrs, basting every hour. Increase the oven temperature to 180C/160C/gas 4, remove the foil, baste the pork and continue to cook for 45 mins until it is beginning to caramelise around the edges.

3 Remove the pork from the tin and set aside to rest for 20 mins. Meanwhile, spoon away any fat from the tin and transfer the sauce to a small pan. Slice the pork – it will fall apart as you cut into it – then return to the tin. Warm the sauce in the pan, then pour over the meat and toss everything together. Spoon into the hot buns with the Pickled carrot & mooli, spring onions and a dollop of wasabi mayonnaise.

GOOD TO KNOW freezable

PER SERVING energy 122 kJ • fat 7g • saturates 2g • carbs 7g • sugars 6g • fibre none • protein 7g • salt 0.7g

“These delicious buns were a street food sensation last year. Their origins lie in northern Chinese cooking, where wheat is the main staple. Dough is made into bread and noodles, which are eaten instead of rice. Chefs in New York adapted the traditional round filled buns to create ‘sandwiches’, and now these buns are everywhere!”

Bao buns step-by-step



1 Mix together the flour, sugar and ½ tsp salt in a large bowl (see tip, opposite). Dissolve the yeast and a pinch of salt in 1 tbsp warm water, then add it to the flour with the milk, oil, vinegar and 200ml water. Mix into a dough, adding a little extra water if needed.



2 Tip the dough onto a lightly floured work surface and knead for 10-15 mins, or until smooth. Place in a lightly oiled bowl, cover with a damp cloth and leave to rise for 2 hrs, or until doubled in size.



3 Tip the dough out onto a clean work surface and punch it down. Flatten the dough with your hands, then sprinkle over the baking powder and knead for 5 mins.



4 Roll out the dough into a long sausage shape, about 3cm thick, then cut into pieces that are about 3cm wide – you should have 18.



5 In the palm of your hand, roll each piece of dough into a ball and leave to rest for 2-3 mins.



6 Use a rolling pin to roll out each ball, one by one, into an oval shape about 3-4mm thick. Rub the surface of the dough ovals with oil and brush a little oil over a chopstick.



7 Place the oiled chopstick in the centre of each oval. Fold the dough over the chopstick, then slowly pull out the chopstick.



8 Transfer the prepared buns to a baking tray lined with baking parchment, cover with a clean tea towel or lightly oiled cling film and leave to prove in a warm place for 1 hr 30 mins, or until doubled in size.



9 Heat a large steamer over a medium-high heat. Steam the buns for 8 mins until puffed up (you'll need to do this in batches). Prise open each bun and fill with the barbecue pork and Pickled carrot & mooli. Eat while they're still warm.

test kitchen

Expert advice from Barney Desmazery to help you become a better cook

PICK THE PERFECT...

Utensil holder

The criteria for the perfect holder reads a like a 1950s manual for well-mannered children – upright and sturdy, attractive enough for guests to see and easy to clean. I've had this heavy stone pot close to hand for years. It's never toppled and when it needs a scrub, it goes straight in the dishwasher. **Available in 10 colours, Dhs135, lecreuset.com.**



BAKER'S BLUFF

Chickpea water (aquafaba)

Aquafaba is a no-waste vegan baking ingredient. It's actually the liquid from a can of chickpeas, which is usually thrown away.

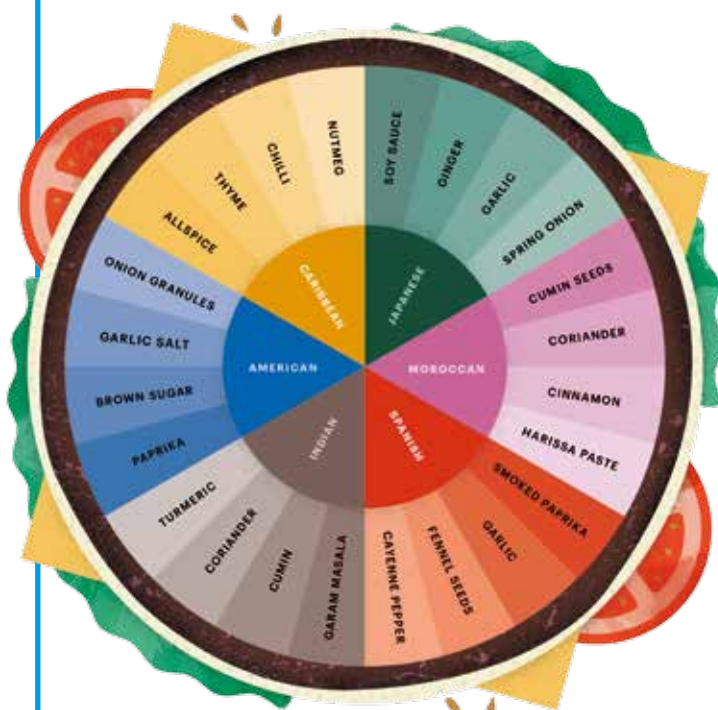
While not immediately appetising, when whisked with electric beaters it transforms into a thick, fluffy consistency that traps air in the same way that beaten eggs do. Try our recipe for vegan meringues (right).

Vegan meringues

- 1 Heat oven to 110C/90C fan/gas $\frac{1}{4}$ and line a baking tray. Drain a **400g can chickpeas** over a bowl, and save the chickpeas for another recipe.
- 2 Using an electric whisk, whisk the chickpea water to soft peaks, like egg whites. Add **100g golden caster sugar**, a little at a time, whisking constantly until thick and glossy.
- 3 Spoon or pipe the meringue in blobs, about 8cm wide, over the tray. Bake for 1 hr 15 mins until crisp. Leave to cool, then pile with soya cream and fruit for a delicious vegan dessert.

Make your burgers go global

Take your basic burger mix on a culinary jaunt with just four everyday extras



ASK THE EXPERT

Q What's the best liquid to use in pastry?

Edd Kimber, professional baker, author and former Great British Bake Off winner, says:

A Generally, I use milk or water to bring pastry together, but the thing to remember is that the more you add, the more shrinkage you get, because the liquid evaporates while it's baking.

Adding eggs makes a richer pastry, which is good for a sweet shortcrust when you are after a biscuit-like finish. For glazing, I like beaten whole egg because it

gives a better shine and colour, with beaten egg yolk for a darker finish on savoury pies.

Using milk works but it gives more of a matt glaze – if there is any flour on the top of the bake, a milk glaze will make it look mottled.

Download Edd's podcast, *Stir the Pot*, every fortnight from theboywhobakes.co.uk. For Tom Kerridge's pie and pastry recipes, turn to p51.



DO YOU REALLY NEED TO...

Heat fat for Yorkshire puddings?

Food myth buster alert! You can get brilliant individual Yorkshire puds without having to heat fat until it's smoking hot. As long as you use a thin metal pan or tray, you get a more uniform pudding from cold.

See the picture above: same batter, same size pan, same oven, cooked for the same time – the pudding on the left from

smoking hot, the pudding on the right from cold.

Traditionally, heavier pans would have taken 20 minutes to heat up, so starting from cold would have left you with a soggy mess. Modern pans are much thinner and heat up more efficiently, so after a few minutes the batter in a cold pan will easily be up to the desired temperature.



HOW TO EAT

An ice cream cone

Whatever your age, eating ice cream can leave you in a sticky mess, so here's our guide to an essential summer skill.



1 For stability, sit down and hold the cone straight. Lick the ice cream in a circular motion using the edge of the cone as a guide.



2 Drips may occur, so catch them by continuing to work your way around the edge of the cone.



3 Once you have a nice shape that lines up with the rim of the cone, and a texture that's softer, you can start pushing the ice cream down.

ESSENTIAL KIT

Spanish flavours

These ingredients are the cornerstones of Spanish kitchens, and essential to the way the team cook at London's Tapas Brindisa Shoreditch (brindisakitchens.com).

Paprika It is added to soups, flavours the iconic chorizo, and is widely used as a condiment. There are two main regional varieties – pimentón de la Vera and pimentón de Murcia.

Olive oil The olive groves of Spain were first planted by the Romans. The oil is essential to the Spanish table for marinating, cooking and drizzling onto toasted bread, salads, cured meat, fish and roasted veg.

Rice Dishes come in three styles: relatively dry dishes called paellas or arroces secos; creamy risotto-like dishes known as melosos; and soupy caldoso, made in a deep pan.

Saffron The day the saffron flowers come into bloom in the fields of central Spain is a beautiful sight. Originally cultivated in Spain by the Moors, saffron's appeal lies not only in its unique flavour and aroma, but in the golden colour it creates.

Paella pan This shallow pan allows the rice to cook at the right speed. Thicker and heavier than plain stainless-steel pans, enameled paella pans are coated with a black-and-white speckled non-stick finish.



4 Continue to lick round and push down with your tongue while nibbling on the exposed cone edge as you go.



5 A perfectly eaten cone will contain some ice cream with every bite, avoiding a disappointingly empty cone at the bottom.

CHEF'S SWAP

Yuzu for lemon

The Japanese citrus fruit yuzu tastes like a cocktail of lemon, grapefruit and orange – it's sharp like lemon, slightly bitter like grapefruit and floral like an orange. Once a rare find only in oriental supermarkets – and still elusive fresh – bottles of the juice can now be found in larger supermarkets, or bought online. The fresh fruit's grated zest or juice can be used wherever you would use orange or lemon – in salad dressings, on fish or poultry, in drinks, cocktails, yogurts or ice creams.

Competition



WIN!

**A 5-night stay at
Mövenpick Resort
& Spa Jimbaran
Bali, worth
Dhs5,615!**

An exciting five-night stay in a Junior Suite and one-time Balinese dinner buffet for two people at Mövenpick Resort & Spa Jimbaran Bali!

The first Indonesian property by Mövenpick made its debut early this year, occupying a prime position just 100 meters from Bali's Jimbaran Beach. Inspired by the traditional five elements of Balinese design, Mövenpick Resort & Spa Jimbaran Bali features 297 rooms and suites, each with a private balcony and plenty of local flair. The highlight of the resort is its free-form swimming pool with an artificial beach area and lap pool, offering a total of 2,500 square meters of family fun. Elsewhere on the property, a professionally managed kids' club will keep children

entertained while parents can tuck into an array of international fare at the resort's five dining venues, ranging from the signature Anarasa restaurant – fitted with live cooking stations – to rooftop bar Above Eleven Bali, which serves up mouthwatering Nikkei cuisine against a backdrop of ocean views. Shoppers will also be spoilt for choice thanks to the resort's location within the Samasta Lifestyle Village. The prize is for five nights' accommodation in a Junior Suite and a one-time Balinese Dinner Buffet for two persons at Anarasa restaurant.

The prize draw for a five-night stay for two at Mövenpick Resort & Spa Jimbaran Bali will be made at the end of July 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Flights to Bali are not included. T&C apply.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What is the name of Mövenpick Resort & Spa Jimbaran Bali's signature restaurant?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

**A summer
brunch for 4 at
Amwaj Rotana, plus a
1-night stay for 2 with
breakfast and dinner,
worth Dhs5,000**

A summer brunch for four at Amwaj Rotana, plus a one-night stay for two people with breakfast in Horizon and a Teppanyaki dinner with one bottle of grape!

Ideally located along Dubai's famous leisure and retail strip known as 'The Walk', Jumeirah Beach Residence (JBR), you will experience the height of comfort at Amwaj Rotana Hotel. Guests staying at the hotel can benefit from the features around the vicinity such as the Beach Mall which offers a children's water park, Jumeirah Beach, retail and entertainment options.

With four great dining concepts offering Italian, American/ Japanese, British/American and international cuisine as well as live entertainment, happy hours, theme nights and more, expect a fun-filled and exciting gastronomic experience.

The infamous al fresco brunch at Amwaj Rotana has moved indoors this summer and what better way to celebrate the weekends with friends than over a chilled glass of bubbly or two. Featuring a colourful spread of from Rosso, Horizon and Benihana, enjoy a wide spread of dishes, live stations, kids' zone, live DJ and more.

Featuring four hours of an unlimited large buffet with over 100 dishes, the winner will also enjoy a one-night stay for two with breakfast in Horizon and a Teppanyaki dinner with one bottle of grape!

The prize draw for a one-night stay for two at Amwaj Rotana with brunch for four will be made at the end of July 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Where is Amwaj Rotana located?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

**A 1-night stay at
Hili Rayhaan by
Rotana, worth
Dhs5,000!**

A one-night stay in a premium suite inclusive of breakfast and dinner for two at Hili Rayhaan by Rotana!

Hili Rayhaan by Rotana is the first hotel under the Rayhaan brand to open in Al Ain the garden city of the UAE, reflecting the essence of Arabic traditions. Conveniently located at Hili District, the heritage destination of the UAE, a stone throw away from Oman, Al Ain airport and an hour drive time from Abu Dhabi and Dubai.

Hili Rayhaan by Rotana offers 254 state of the art spacious rooms and suites in an alcohol free environment, a choice of 3 culinary offerings, Elements, an all-day restaurant offering international buffet for breakfast, lunch and dinner; Hili Majlis, a lobby lounge for informal get-togethers over coffee

and light snacks and Sundeck Pool Café, the attractive pool café which serves fresh juices and light snacks, Bodylines Leisure & Fitness Club with aerobic room, outdoor tennis court, outdoor swimming pool, children's playground and children's pool, steam, sauna and massage rooms. Meeting and conference facilities are an additional benefit the hotel can offer both guests and the local community.

Directly linked to Hili Rayhaan by Rotana, Hili Mall the newest shopping destination in the city with its iconic design combining heritage with modernity, lodges a wide variety of brands under its roof, which will surely add more zest to your stay.

The prize draw for a one-night stay inclusive of breakfast and dinner for two at Hili Rayhaan by Rotana be made at the end of July 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

How many outlets does Hili Rayhaan by Rotana have? A) 2 B) 5 C) 3

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A 1-NIGHT STAY AT DANAT JEBEL DHANNA RESORT IN A BEACHFRONT CHALET FOR 2 ADULTS & 2 CHILDREN! WORTH DHS2,500

Located on the western coast of Abu Dhabi between the desert landscape and the shimmering waters of

the Arabian Gulf, this beachfront resort is nuzzled in a world of uncharted attractions where you can enjoy outdoor adventures such as deep sea fishing, snorkelling, wind surfing and wake boarding. Experience the warmth of Arabian culture and hospitality as you explore with the resort's luxuriously designed guest rooms, private waterfront villas and beachfront chalets combined with award winning cuisines and a full range of sports and conference facilities. danathotels.com.



WIN!

A DINING VOUCHER FOR BENJARONG RESTAURANT AT DUSIT THANI DUBAI! WORTH DHS500

Anyone looking for the true taste of Thailand will find it at Benjarong, where authentic Thai cuisine is prepared in a kitchen composed of Thai chefs with a

dining area that depicts an elegant Thai ambiance, overlooking the bustling Sheikh Zayed Road, the skyline of Dubai and Burj Khalifa. Experience the very best of Royal Thai cuisine, with the utmost care being taken to ensure that classic, centuries old recipes are prepared and presented to perfection. On regular days, guests are treated to live musical entertainment from our Thai musicians. Led by award-winning Head Chef Nueramol Poolkuan, Benjarong continues to serve recipes passed from the ancient palaces of Thailand. dusitthani/Dubai.com.



WIN!

THURSDAY BBQ AT BRASSERIE 2.0 FOR A FAMILY OF 4! WORTH DHS1,160

Every Thursday at Brasserie 2.0, Le Royal Meridien Beach Resort & Spa is BBQ Grill Night, featuring succulent steaks, ocean fresh seafood, bourbon cocktails and barrels

of entertainment. From 7pm to 11pm for just Dhs290 per person, enjoy mouthwatering beef from the outdoor smoker, BBQ cuts and grilled seafood 'made to order' in front of your eyes. The Al Fresco BBQ lets you savour slow cooked smoky beef short ribs, beef brisket, pulled chicken and beef chorizo - all from the smoker. leroyalmeridien-dubai.com.



WIN!

DINNER FOR 2 AT MALECON RESTAURANT! WORTH DHS500

Malecon at Dubai Marine Beach Resort & Spa is the place to be for a full-on Latin experience, a zesty blend of Latin American cuisines and a carefully selected fusion of international styles. Live Latino entertainment

further serves to highlight the energetic mood and vibrant character of this unique outlet. Expect a bar offering authentic cocktails and a kitchen serving up fresh, great quality seafood. Malecon offers excitement throughout the week, with a number of themed nights designed to take your entertainment experience to a whole new level. fnbsecretary@DXBMarine.com.



WIN!

BRUNCH FOR 4 AT KHAYAL RESTAURANT, MARRIOTT HOTEL AL FORSAN, ABU DHABI! WORTH DHS796

Each and every Friday between 12.30pm and 4pm enjoy an afternoon of fun and feasts at the brand new brunch at Khayal Restaurant, Marriott

Hotel Al Forsan, Abu Dhabi. Brunch Live features an extensive open plan kitchen where brunchers will be spoilt for choice with a variety of dishes bursting with flavour from the far corners of the world. With 15 cooking station, six of them being live and interactive, packed with dishes that will excite your taste buds. Gallop into the brunch spirit and sing along to the live band, playing all your favourites throughout the day. For reservations please call 02 201 4000.



WIN!

A DINING VOUCHER FOR GALITO'S! WORTH DHS300

Galito's flame grilled chicken with bold African flavours is a must-try! Its traditional marinade is made from all natural ingredients infused with select herbs and spices. Locally sourced fresh chicken

slowly marinated for at least 24 hours, flame grilled to perfection and served to order, making it the healthiest, tastiest flame grilled chicken in town. Locations; Abu Dhabi: Al Wahda Mall, Dalma Mall, Yas Mall, Marina Mall. Dubai: Bay Square, Dubai Festival City Mall, Riverland-Dubai Parks & Resorts. RAK: Al Naeem mall.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

Scones

A classic recipe, plus three flavour twists if you want to take it up a notch

recipes LULU GRIMES

photograph TOM REGISTER

Buttermilk scones

Once you have mastered a basic scone recipe, you can knock out a batch in half an hour – and then you can start getting fancy with the flavourings. Try these three twists (right) for teatime.

MAKES 6 **PREP** 20 mins
COOK 12-14 mins **EASY**

225g self-raising flour,
plus extra for dusting
¼ tsp salt
50g butter, very cold, diced
150ml buttermilk (or milk)

1 Heat oven to 220C/200C fan/gas 7. Put the flour, salt and butter in a food processor and pulse until you can't feel any lumps of butter (or rub in any remaining lumps with your fingers). Stir in flavourings at this point.

2 Stir the buttermilk into the mixture and use a knife to quickly combine everything together to form a dough – stop when it has just combined and don't overmix it.

3 Tip the dough onto a floured surface and lightly bring it together with your hands a couple of times. Press out gently until about 4cm thick, then stamp out 6-7cm rounds or cut into squares or triangles (pat the dough into a neat rectangle first to ensure straight edges). Re-shape any trimmings until all the dough is used. Spread out on a lightly floured baking sheet and bake for 10-12 mins or until well risen and golden.

PER Scone 208 kcals • fat 7g • saturates 5g •
carbs 30g • sugars 1g • fibre 1g • protein 5g • salt 0.7g

1 Prune & almond

Halve and stone **100g prunes** and add them to the pulsed dry flour mixture along with **40g chopped flaked almonds**. Add a **few drops vanilla extract** to the buttermilk before combining with the flour mixture. Finish the dough and cut it into triangles. Brush the tops with a **beaten egg** before baking.



2 Chorizo & manchego

Cut **60g chorizo** and **60g manchego** into small cubes and add them to the pulsed dry flour mixture with a **pinch of smoked paprika**. Finish the dough and cut it into rough squares. Grate another **50g manchego** over the scones before baking.



3 Pistachio with a lemon glaze

Finely chop **50g pistachios** and add them to the pulsed dry flour mixture with **3 tbsp golden caster sugar**. Finish the dough and cut it into rounds as per the recipe, left. When the scones are cooked, mix enough **icing sugar** into the **juice of ½ a lemon** to make a thick glaze, then drizzle it liberally over the scones.






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